

GET OUTDOORS

CHALLENGE 2019

CHALLENGE CHECKLIST

Get outside, track points and earn badges.

	10 POINTS	20 POINTS	30 POINTS	40 POINTS
BEGINNER	<input type="checkbox"/> Make music outdoors	<input type="checkbox"/> Make something inspired by nature	<input type="checkbox"/> Visit the Phoenix Zoo	<input type="checkbox"/> Go Fishing
	<input type="checkbox"/> Play a game of tag	<input type="checkbox"/> Have a water balloon fight	<input type="checkbox"/> Go on a team bike ride	<input type="checkbox"/> Fly a kite
	<input type="checkbox"/> Help in a garden	<input type="checkbox"/> Recycle	<input type="checkbox"/> Watch a sunrise	<input type="checkbox"/> Make your own paintbrush using nature
	<input type="checkbox"/> Eat a meal outside	<input type="checkbox"/> Plan a picnic	<input type="checkbox"/> Make a s'more	<input type="checkbox"/> Visit a fish hatchery
	<input type="checkbox"/> Go on a bug hunt	<input type="checkbox"/> Visit a farmer's market or a farm	<input type="checkbox"/> Find a bird's nest	<input type="checkbox"/> Climb rocks (indoors or out)
	<input type="checkbox"/> Learn what to wear for hiking	<input type="checkbox"/> Ride a horse	<input type="checkbox"/> Find a place where erosion has occurred	<input type="checkbox"/> Do something to conserve energy
	<input type="checkbox"/> Plant a flower or tree	<input type="checkbox"/> Make a bird house	<input type="checkbox"/> Make a fruit or vegetable campfire	<input type="checkbox"/> Cook over a fire using a stick
	<input type="checkbox"/> Learn fire safety	<input type="checkbox"/> Plan snacks for a hike	<input type="checkbox"/> Sleepover with another Girl Scout(s)	<input type="checkbox"/> Find a Carin
	<input type="checkbox"/> Build a fort	<input type="checkbox"/> Camp in your living room	<input type="checkbox"/> Hike 1+ miles	<input type="checkbox"/> Participate in a park clean up
	<input type="checkbox"/> Take a walk around your neighborhood	<input type="checkbox"/> Go on a nature walk	<input type="checkbox"/> Learn basic water safety	<input type="checkbox"/> Visit an aquarium with another team
	<input type="checkbox"/> Carry a whistle and know how to use it	<input type="checkbox"/> Learn the 7 principles on LNT	<input type="checkbox"/> Sing a song with another team	<input type="checkbox"/> Hike 2+ miles
	<input type="checkbox"/> Watch a sunset with another team	<input type="checkbox"/> Play an outdoor game with another team	<input type="checkbox"/> Know your trail markers	<input type="checkbox"/> Make a skit for 3 LNT topics
	<input type="checkbox"/> Visit an outdoor retail store	<input type="checkbox"/> Pitch a tent	<input type="checkbox"/> Sleep in a tent or cabin	<input type="checkbox"/> Jump rope with another team
	<input type="checkbox"/> Say hello to a passerby on a trail	<input type="checkbox"/> Walk around your local park		<input type="checkbox"/> Go Swimming
	<input type="checkbox"/> Letterboxing	<input type="checkbox"/> Make your own first aid kit		<input type="checkbox"/> Learn 4 knots
		<input type="checkbox"/> Take a hike with another team		

Intermediate and advanced activities on back. »

POINTS SCALE

200 points = Patch
 500 points = Roadrunner Rocker
 1,000 points = Javelina Rocker
 1,500 points = Coyote Rocker
 2,000+ points = Mountain Lion Rocker

Don't forget to take photos as you go on your adventures! Visit girlscouts.org/getout for updates. Share your adventures with fellow Girl Scout sisters on social media! Tag **GSACPC** and use **#gsoutdoors** for a chance to be featured! **Questions?** Email getout@girlscoutsaz.org

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INTERMEDIATE	<ul style="list-style-type: none"> <input type="checkbox"/> Archery (B+) <input type="checkbox"/> Do something to conserve water <input type="checkbox"/> Help start a fire <input type="checkbox"/> Learn about pollinators <input type="checkbox"/> Plan your own camping trip <input type="checkbox"/> Help improve a waterway <input type="checkbox"/> Ask a park ranger about places to camp <input type="checkbox"/> Create a hiking journal <input type="checkbox"/> Learn about useful plants <input type="checkbox"/> Canoe with another team <input type="checkbox"/> Sleep in a hammock <input type="checkbox"/> Go on a night hike <input type="checkbox"/> Practice Orienteering skills (J+) <input type="checkbox"/> Kayak <input type="checkbox"/> Improve a trail with another team 	<ul style="list-style-type: none"> <input type="checkbox"/> Learn about your local watershed <input type="checkbox"/> Try Stand-up Paddle Boarding (J+) <input type="checkbox"/> Prepare a camp meal <input type="checkbox"/> Practice outdoor photography <input type="checkbox"/> Practice Yoga Outside <input type="checkbox"/> Make a song/video about LNT <input type="checkbox"/> Eat a backpacking meal <input type="checkbox"/> Play a game while hiking <input type="checkbox"/> Identify Posion Ivy <input type="checkbox"/> Go rock climbing <input type="checkbox"/> Make a tent out of a tarp <input type="checkbox"/> Go Geocaching <input type="checkbox"/> Brainstorm a take action project <input type="checkbox"/> Go Tubing (J+) <input type="checkbox"/> Share a campsite with another team <input type="checkbox"/> Learn about local conservation issues <input type="checkbox"/> Make a rocket out of recycle material 	<ul style="list-style-type: none"> <input type="checkbox"/> Go rafting <input type="checkbox"/> Volunteer at an animal shelter <input type="checkbox"/> Make Ice Cream in a bag <input type="checkbox"/> Play Web of Life <input type="checkbox"/> Backpack one night (J+) <input type="checkbox"/> Help build or repair park equipment <input type="checkbox"/> Cook with a camp stove <input type="checkbox"/> Ropes/Challenge Course <input type="checkbox"/> Hike to a waterfall <input type="checkbox"/> Filter water <input type="checkbox"/> Share a meal over campfire with another team <input type="checkbox"/> Sleep under the stars (no tent) <input type="checkbox"/> Hike 4+ miles <input type="checkbox"/> Fine 3 constellations <input type="checkbox"/> Take TCC1 (14+) <input type="checkbox"/> Go backpacking with another team 	<ul style="list-style-type: none"> <input type="checkbox"/> Make your own field guide <input type="checkbox"/> Zipline <input type="checkbox"/> Plant your own pollinator garden <input type="checkbox"/> Make a one pot meal <input type="checkbox"/> Visit a wildlife refuge or sanctuary <input type="checkbox"/> Go Surfing (J+) <input type="checkbox"/> Talk to a ranger about ways to improve the environment <input type="checkbox"/> Make Muddy Buddies <input type="checkbox"/> Create your own solar oven <input type="checkbox"/> Get CPR certified <input type="checkbox"/> Try water skiing or wakeboarding (J+) <input type="checkbox"/> Hike a mountain with 1,000+ elevation gain <input type="checkbox"/> Change a tire <input type="checkbox"/> Go on tethered Balloon ride (J+) <input type="checkbox"/> Explore Odysea Aquarium
ADVANCED	<ul style="list-style-type: none"> <input type="checkbox"/> Take younger girls for a nature walk <input type="checkbox"/> Get certified in an outdoor skill <input type="checkbox"/> Sign up to be a CIT <input type="checkbox"/> Make a fire on your own <input type="checkbox"/> Help plan a camp activity <input type="checkbox"/> Teach younger girls about Leave No Trace <input type="checkbox"/> Do an outdoor activity with a Senior or Ambassador team 	<ul style="list-style-type: none"> <input type="checkbox"/> Get PA training <input type="checkbox"/> Make Walking Tacos <input type="checkbox"/> Help plan an encampment <input type="checkbox"/> Lead a younger troop on a hike <input type="checkbox"/> Make an emergency survival kit <input type="checkbox"/> Do an outdoor teambuilding activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Get involved with a conservation project <input type="checkbox"/> Go Spelunking or Caving (J+) <input type="checkbox"/> Make a video about an outdoor skill <input type="checkbox"/> Clean up around your neighborhood <input type="checkbox"/> Hike a mountain with 1,500+ elevation gain <input type="checkbox"/> Get Wilderness First Aid certified <input type="checkbox"/> Help a younger girl cook over a fire <input type="checkbox"/> Take TCC2 (14+) <input type="checkbox"/> Try Go-karting (J+) 	<ul style="list-style-type: none"> <input type="checkbox"/> Help clear sky pollution (Sky Badge) <input type="checkbox"/> Backpack two nights (J+) <input type="checkbox"/> Campnoe trip (Overnight Paddle trip) <input type="checkbox"/> Make a Dutch oven dessert <input type="checkbox"/> Hike Mt Humphrey's in Flagstaff <input type="checkbox"/> Teach younger girls proper knife handling <input type="checkbox"/> Have a BBQ with another team <input type="checkbox"/> Go Indoor Skydiving (J+) <input type="checkbox"/> Go Scuba Diving (C+)

Don't forget to earn your points by submitting a photo after each activity at girlscoutsaz.org/getout. Share your adventures with fellow Girl Scout sisters on social media! Tag **GSACPC** and use **#gsoutdoors** for a chance to be featured!