

State College Girl Scouts Summer Outdoor Challenge

June 1, 2019- August 31, 2019

Complete activities from the list to earn the Outdoor Challenge Patch and/or Summer rocker. Daisies should complete 15 items, Brownies 20, Juniors 25, Cadettes/Seniors/Ambassadors 35 items. Submit your completed list by September 10th to earn the Outdoor Challenge patch and/or Summer rocker.

Name _____ Troop Number _____ Level _____

Summer Fun

- Have a Campfire. Make a dessert.
- Take some Summer Photos
- Have a Summer Picnic
- Go camping with your family or troop
- Attend a resident camp
- Watch a sunset
- Watch a sunrise
- Attend an outdoor sporting event
- Attend a council, service unit or troop summer event
- Eat a frozen treat
- Dance in the rain
- Swim in a lake
- Swim in a pool
- Go fishing
- Go to an amusement park
- Go to a water park
- Play on a playground
- Walk in a creek
- Make and sail a paper boat
- Make real lemonade with lemons and sugar and drink it outside
- Ride your bike
- Jump rope
- Play in the sprinkler or on a slip and slide
- Count lightning bugs
- Build a sandcastle
- Go canoeing or kayaking
- Go whitewater rafting
- Go for a boat ride
- Earn an outdoor badge
- Ride a horse
- Eat a vegetable or fruit that you grew yourself.
- Play an outdoor sport.

- Roll down a grassy hill
- Lay in the grass and watch the clouds float by.
- Watch a movie outside
- Use a bow and arrow
- Tie-dye something
- Make a sand candle
- Play hopscotch, tag, kick the can or other outdoor game with friends
- I did this cool Summer thing _____

Local/Cultural

- Visit a State Park
- Visit a National Park
- Participate in the 4th of July Parade
- Watch fireworks outside
- Visit the Central PA Festival of the Arts
- Visit the People's Choice Festival
- Go to Grange Fair
- Pick your own fruit
- Visit the Arboretum at Penn State.
- Attend a fair, festival, or carnival not on this list
- Attend a Centred Outdoors activity
- Help maintain a local park, camp, or other outdoor venue

Outdoor Skills

- Sleep in a tent
- Sleep under the stars
- Learn how to safely use a pocket knife.
- Learn to use a hatchet.
- Learn the proper way to use an axe to cut wood.
- Learn to tie a square knot, clove hitch, or bowline

- Make/use a solar oven
- Learn to build a fire
- Cook a meal outside
- Go on an overnight backpacking trip
- Hike a distance appropriate for your Girl Scout level
- Learn the signs of heat exhaustion and heat stroke. Similarities and differences? Prevention? Treatment?*
- Know the signs of dehydration and prevention and treatment.*
- Sunburn, insect bites and stings are common summer problems. Learn how to prevent and treat them.*
- Help tend a garden

Science/Astronomy

- June 21st is the Summer Solstice. What is a solstice?
- June 10th--View Jupiter in opposition (to the sun).
- Watch the Delta Aquarids Meteor Shower July 12- Aug 23 (peak July 28-29)
- Watch the Perseid Meteor Shower July 17th-August 24th, Peak August 12-13.
- Stargaze - what constellations do you see?
- Visit a nature center
- Use a map and compass
- Make a rain gauge
- Keep a nature journal
- Watch some bugs, what do they do?

*required for Cadettes, Seniors, Ambassadors