




All Ages:		Daisy:		Brownie:	
<input type="checkbox"/>	Watch the sunset	<input type="checkbox"/>	Go for a walk	<input type="checkbox"/>	Hike 1/2 mile
<input type="checkbox"/>	Attend an outdoor sporting event	<input type="checkbox"/>	Watch the clouds	<input type="checkbox"/>	Make a birdfeeder
<input type="checkbox"/>	Build a fire (with an adult)	<input type="checkbox"/>	Have a picnic	<input type="checkbox"/>	Pitch a tent
<input type="checkbox"/>	Visit a nature center	<input type="checkbox"/>	Visit a zoo	<input type="checkbox"/>	Go on a pony ride
<input type="checkbox"/>	Play in the rain	<input type="checkbox"/>	Watch ants	<input type="checkbox"/>	Go on a bug hunt
<input type="checkbox"/>	Visit a farm	<input type="checkbox"/>	Sing a song on a walk	<input type="checkbox"/>	Learn your trail markers
<input type="checkbox"/>	Put your toes in the sand at a beach	<input type="checkbox"/>	Make up a game outside	<input type="checkbox"/>	Measure the rainfall during a storm
<input type="checkbox"/>	Attend a ranger talk/hike	<input type="checkbox"/>	Jump rope outside	<input type="checkbox"/>	Swim in an outdoor pool
<input type="checkbox"/>	Swim in a creek or lake	<input type="checkbox"/>	Blow bubbles in your yard or park	<input type="checkbox"/>	Watch fireflies at night
<input type="checkbox"/>	Volunteer to take a shelter pet for a walk	<input type="checkbox"/>	Meet a park ranger	<input type="checkbox"/>	Create a letterbox
<input type="checkbox"/>	Learn how to use a compass	<input type="checkbox"/>	Make a leaf rubbing	<input type="checkbox"/>	Play your favorite sport outside
<input type="checkbox"/>	Send GSWPA pictures/videos of your outdoor adventures at gswpa.org/getoutdoors	<input type="checkbox"/>	Explore your (or a family member's) backyard	<input type="checkbox"/>	Build a fort
<input type="checkbox"/>	Ride on a boat	<input type="checkbox"/>	Play on a playground outside	<input type="checkbox"/>	Learn how to identify a bird call
<input type="checkbox"/>	Learn about your home watershed	<input type="checkbox"/>	Hug a tree	<input type="checkbox"/>	Draw and play on a hopscotch court
<input type="checkbox"/>	Visit a state park				
<input type="checkbox"/>	Visit a national park	Junior:		Cadette:	
<input type="checkbox"/>	Cook over a fire	<input type="checkbox"/>	Hike 1 mile	<input type="checkbox"/>	Hike 2-3 miles
<input type="checkbox"/>	Create art inspired by nature	<input type="checkbox"/>	Make a slip-and-slide	<input type="checkbox"/>	Make a flower crown
<input type="checkbox"/>	Hike to an overlook/vista	<input type="checkbox"/>	Tie-dye something outside	<input type="checkbox"/>	Learn about archery
<input type="checkbox"/>	Stay overnight at a GSWPA camp	<input type="checkbox"/>	Go geocaching	<input type="checkbox"/>	Complete a ropes/challenge course
<input type="checkbox"/>	Go to a GSWPA resident camp	<input type="checkbox"/>	Go horseback riding	<input type="checkbox"/>	Go stand-up paddle-boarding
<input type="checkbox"/>	Learn about the trees that grow in your neighborhood	<input type="checkbox"/>	Host a backyard campout with your family	<input type="checkbox"/>	Go backpacking for a night
<input type="checkbox"/>	Go whitewater rafting	<input type="checkbox"/>	Climb a tree/explore a treehouse	<input type="checkbox"/>	Ride your bike on a rail trail
<input type="checkbox"/>	Volunteer at a park clean-up day	<input type="checkbox"/>	Sing songs around a campfire	<input type="checkbox"/>	Help clean up a trail
<input type="checkbox"/>	Learn about wildlife rehabilitation	<input type="checkbox"/>	Take someone on a "tour" of your favorite outdoor space	<input type="checkbox"/>	Learn pocket knife safety and how to whittle
<input type="checkbox"/>	Play outside with a pet	<input type="checkbox"/>	Complete a National Park Service Junior Ranger badge	<input type="checkbox"/>	Spend some time meditating outdoors
<input type="checkbox"/>	Earn the Naturalist badge for your GS level	<input type="checkbox"/>	Have a water balloon toss and/or play in a sprinkler	<input type="checkbox"/>	Beautify a garden
<input type="checkbox"/>	Plan and/or complete a scavenger hunt	<input type="checkbox"/>	Draw a sidewalk chalk masterpiece	<input type="checkbox"/>	Take a night hike
<input type="checkbox"/>	Play an instrument outside	<input type="checkbox"/>	Write a poem about your favorite outdoor space	<input type="checkbox"/>	Draw a map of your favorite park/camp/outdoor space
See page 2 for more "All Ages" activities!		<input type="checkbox"/>	Swing on an outdoor swing-set	<input type="checkbox"/>	Read a book outside

All Ages continued ...		Senior:		Ambassador:	
<input type="checkbox"/>	Tag #gswpagetoutdoors on your social media posts about these Challenge activities	<input type="checkbox"/>	Hike 3-4 miles	<input type="checkbox"/>	Hike 5-6 miles
<input type="checkbox"/>	Go fishing	<input type="checkbox"/>	Mountain bike on a trail	<input type="checkbox"/>	Hike a trail with at least 1000' elevation change
<input type="checkbox"/>	Play disc golf	<input type="checkbox"/>	Go on a zip line	<input type="checkbox"/>	Guide a younger troop on a hike
<input type="checkbox"/>	Go on a walk/hike with your whole family	<input type="checkbox"/>	Hike to see a sunrise or sunset	<input type="checkbox"/>	Take a wilderness first aid class
<input type="checkbox"/>	Make a s'more over a campfire	<input type="checkbox"/>	Become a CIT	<input type="checkbox"/>	Make a video/song about <i>Leave No Trace</i>
<input type="checkbox"/>	See a waterfall	<input type="checkbox"/>	Take photos outside	<input type="checkbox"/>	Go Rock Climbing
<input type="checkbox"/>	Tour a botanical garden	<input type="checkbox"/>	Go primitive camping	<input type="checkbox"/>	Explore a cave or cavern
<input type="checkbox"/>	Visit a state forest	<input type="checkbox"/>	Go kayaking/canoeing	<input type="checkbox"/>	Help clean-up a water way
<input type="checkbox"/>	Visit a state park from another state	<input type="checkbox"/>	Learn the stories behind three constellations	<input type="checkbox"/>	Ride a bicycle 10+ miles
<input type="checkbox"/>	Play mini-golf	<input type="checkbox"/>	Play a game outside with younger girls	<input type="checkbox"/>	Read the writings of a famous environmentalist
<input type="checkbox"/>	Hike a portion of a National Scenic Trail (North Country Trail, Appalachian Trail, etc.)	<input type="checkbox"/>	Go for a walk/jog/run in a park	<input type="checkbox"/>	Take a friend/sibling to your favorite park
<input type="checkbox"/>	Attend a GSWPA outdoor program	<input type="checkbox"/>	Take a "nature selfie"	<input type="checkbox"/>	Learn how to use a camping stove and cook a meal or snack
<input type="checkbox"/>	Complete a Journey activity outside	<input type="checkbox"/>	Create a journal to track the changes of the seasons (plants, animals, weather, etc.)	<input type="checkbox"/>	Volunteer/work at a GSWPA camp/outdoor program
<input type="checkbox"/>	Observe a wild animal (from a safe distance)	<input type="checkbox"/>	Pick fruits/vegetables from a local farm	<input type="checkbox"/>	Go to an amusement park
<input type="checkbox"/>	Plant some herbs to keep in your kitchen				
<input type="checkbox"/>	Talk to a family member about their favorite childhood memories of the outdoors				
<input type="checkbox"/>	Find out about careers that involve outdoor recreation, restoration, etc.				
<input type="checkbox"/>	Swim in an ocean				
<input type="checkbox"/>	Camp at a campground				
<input type="checkbox"/>	Learn about spiders				
<input type="checkbox"/>	Ride a skateboard/bike/rollerblades outside				

From March 11-September 30, complete as many activities as possible from the list above. Complete at least 10 activities from your grade level (two can be from a younger grade level) and 30 activities from the all ages list, and you'll earn a girl-designed Get Outdoors Challenge patch!

Many activities can be completed at the same time. For example, a Brownie can hike a half-mile (grade-level activity) to an overlook (all ages activity) to watch the sunset (all ages activity), and she's completed three activities at once and can check off all three. See, this is easier than you think!

Girls can also substitute two activities from a younger grade level to count toward their grade level activity requirements. For example, an Ambassador can go stand up paddle-boarding, even though that activity is listed under a younger grade levels (Cadette). Or, she can help some younger girls work on an activity for their grade level, and the Ambassador can still count it towards her checklist.

When you've checked off the required amount of activities, visit gswpa.org/getoutdoors to claim your patch!

For official challenge rules and guidelines, visit gswpa.org/getoutdoors.
This challenge is brought to your by a generous grant from the R.K. Mellon foundation