

Girl Scout Outdoor Awards Program



GSWPA Outdoor Awards Program

Do you enjoy camping, boating down a river, or hitting the trail? Can you set up a tent, navigate your way, and care for an injury? If so, the Girl Scouts Western Pennsylvania Outdoor Awards program is for you.

Get ready to build your courage, confidence, and character through outdoor adventures and skill-building. This program is open to Girl Scout Juniors, Cadettes, Seniors, Ambassadors, and adult volunteers who love to hike or ride the miles, camp the nights, run the rivers or lakes, adventure through nature, do the work to conserve the land, or serve the outdoors!

This program offers a series of seven patches designed to recognize Girl Scouts with exemplary knowledge and experience in performing high-level outdoor activities. Each series is earned individually.

Upon completion of an award's requirements, you must report on how the requirements were fulfilled, so record your progress diligently. After you complete an Outdoor Award segment, complete the form for that award:

Award for Camping

Award for Hiking

Award for Aquatics

Award for Riding

Award for Adventure

Award for Conservation

Award for Service to the Outdoors

After you complete the form for your award, you will receive a link to order your award. Awards will be mailed to you.

Award Pricing:

- Main/Center Award - \$4
- Segment Award - \$2

This program was started in 2019 and revamped in 2024. Girl Scouts who began earning their Girl Scout Outdoor Award between 2019-2024 may transfer their progress to the 2024 requirements.

Girl Scouts may earn each award once per program level.

This awards program was developed with funding from the Richard King Mellon Foundation.

Camping



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement
	Complete the It's Your Planet—Love It! Journey or Outdoor Journey for your program level. Journey Completed: _____
	Complete the First Aid badge for your program level.
	Complete an outdoor skill-building badge for your program level. Junior: Camper Cadette: Primitive Camper Senior: Adventure Camper Ambassador: Survival Camper
	Complete the required number of nights of camping for your program level. Junior: 15 nights total (8 nights must be tent camping) Cadette: 18 nights total (10 nights must be tent camping) Senior: 22 nights total (15 nights must be tent camping) Ambassador: 25 nights total (15 nights must be tent camping)

Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey or Outdoor Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Camping. Name of Girl Scout: _____
	Complete 25 nights of camping. A minimum of 15 nights must be tent camping.

Camping Log

Date(s)	# of Nights	Camping Type/Location		Date(s)	# of Nights	Camping Type/Location



Hiking



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement
	Complete the It's Your Planet—Love It! Journey or Outdoor Journey for your program level. Journey Completed: _____
	Complete the First Aid badge for your program level.
	Complete an outdoor skill-building badge for your program level. Junior: Eco Camper or Geocacher Cadette: Trailblazing or Eco Trekker Senior: Adventure Camper Ambassador: Survival Camper
	Complete the required number of miles for your program level. Junior: 70 miles of hiking, backpacking, snowshoeing, or cross-country skiing Cadette: 80 miles of hiking, backpacking, snowshoeing, or cross-country skiing Senior: 90 miles of hiking, backpacking, snowshoeing, or cross-country skiing Ambassador: 100 miles of hiking, backpacking, snowshoeing, or cross-country skiing

Adult Requirements

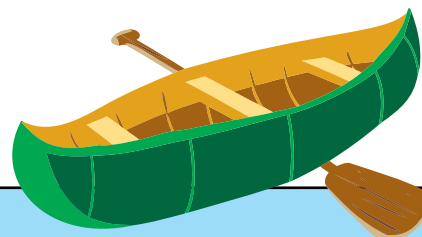
Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey or Outdoor Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Hiking. Name of Girl Scout: _____
	Complete 100 miles of hiking, backpacking, snowshoeing, or cross-country skiing.

Hiking Log

Date(s)	# of Miles	Hiking Type		Date(s)	# of Miles	Hiking Type



Aquatics



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement
	Complete the It's Your Planet—Love It! Journey or Outdoor Journey for your program level. Journey Completed: _____
	Complete the First Aid badge for your program level.
	Complete a one-mile swim. Date: _____ Location: _____
	Complete at least 25 hours of on-the-water time in one of the following activities: swimming, canoeing, fishing, kayaking, rowing, scuba diving, small-boat sailing, stand-up paddle boarding, or whitewater activity.
	Complete an additional 50 hours of any combination of swimming, canoeing, fishing, kayaking, rowing, scuba diving, small-boat sailing, stand-up paddle boarding, or whitewater activity.
	Ages 15+ Only Requirement Complete one of the following: <ul style="list-style-type: none"> • Red Cross Basic Water Rescue course • Red Cross Small Craft or American Canoe Association course • An approved Lifeguard course Course Completed: _____

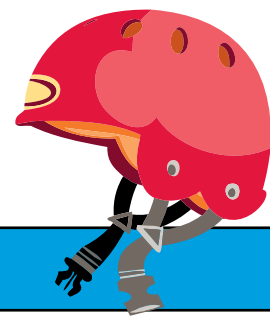
Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey or Outdoor Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Aquatics. Name of Girl Scout: _____
	Complete one of the following: <ul style="list-style-type: none"> • Red Cross Small Craft or American Canoe Association course • An approved Lifeguard course Course Completed: _____
	Complete at least 25 hours of on-the-water time in one of the following activities: swimming, canoeing, fishing, kayaking, rowing, scuba diving, small-boat sailing, stand-up paddle boarding, or whitewater activity.

Aquatics Log

[illegible]

Riding



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement
	Complete the It's Your Planet—Love It! Journey or Outdoor Journey for your program level. Journey Completed: _____
	Complete the First Aid badge for your program level.
	Complete the requirements for at least one of the following: <ul style="list-style-type: none"> • 100 miles of cycling or mountain biking • 30 miles of horseback riding • 100 miles of motorboating activity • 30 miles of skating (ice skating, rollerblading, skateboarding, or roller skating) • 30 miles of mountainboarding • 50 miles of downhill skiing or snowboarding
	Complete the required number of additional hours for your program level of any combination of riding activities including cycling, mountain biking, horseback riding, motorboating, skating, mountainboarding, downhill skiing, or snowboarding. <ul style="list-style-type: none"> • Juniors - 100 miles • Cadettes - 125 miles • Seniors - 150 miles • Ambassadors – 200 miles

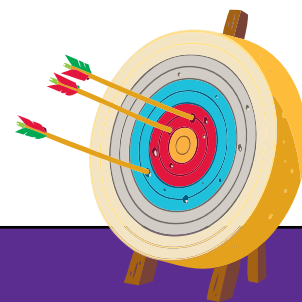
Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey or Outdoor Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Riding. Name of Girl Scout: _____
	Complete the requirements for at least one of the following: <ul style="list-style-type: none"> • 100 miles of cycling or mountain biking • 30 miles of horseback riding • 100 miles of motorboating activity • 30 miles of skating (ice skating, rollerblading, skateboarding, or roller skating) • 30 miles of mountainboarding • 50 miles of downhill skiing or snowboarding
	Complete 200 additional hours of any combination of riding activities including cycling, mountain biking, horseback riding, motorboating, skating, mountainboarding, downhill skiing, or snowboarding.

Riding Log

[illegible]

Adventure



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement	
	Complete the It's Your Planet—Love It! Journey, Outdoor Journey, or Think Like a Citizen Scientist Journey for your program level. Journey Completed: _____	
	Complete the First Aid badge for your program level.	
	Complete at least two of the following skill-building badges for your program level: *Must be different badges than completed for other Outdoor Award requirements. Badge 1 Completed: _____ Badge 2 Completed: _____	
	Junior: Animal Habitat • Eco Camper • Camper Horseback Riding • Flower • Geocacher Outdoor Art Explorer • Space Science	Cadette: Space Science • Trailblazing • Eco Trekker Night Owl • Archery • Outdoor Art Apprentice Primitive Camper • Trees
	Senior: Adventure Camper • Cross Training Outdoor Art Expert • Sky • Adventurer Eco Explorer • Paddling • Space Science	Ambassador: Eco Advocate • Survival Camper Ultimate Recreation Challenge • Water Outdoor Art Master • Space Science
	Complete any combination or repetition of the following adventure activities (quantity by grade level): Juniors complete five; Cadettes complete six; Seniors complete seven; Ambassadors complete eight <ul style="list-style-type: none"> • Take four day hikes of at least four miles each. • Go on a backpacking trip lasting at least three days and covering more than 20 miles without food resupply. • Take a canoeing, rowing, or sailing trip lasting more than three days and covering more than 50 miles without food resupply. • Go on a whitewater trip lasting at least two days and covering more than 20 miles without food resupply. • Participate in a climbing activity on open rock that includes at least two nights of camping. • Find 50 geocaches. • Spend 10 hours participating in shooting sports (archery, rifle, or shotgun). • Attend a council-sponsored Girl Scout overnight camp session of at least six days (five nights). 	

Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey, Outdoor Journey, or Think Like a Citizen Scientist Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Riding. Name of Girl Scout: _____

Adult Requirements - continued

Earned (✓)	Requirement
	<p>Complete eight of any combination or repetition of the following adventure activities:</p> <ul style="list-style-type: none"> • Take four day hikes of at least four miles each. • Go on a backpacking trip lasting at least three days and covering more than 20 miles without food resupply. • Take a canoeing, rowing, or sailing trip lasting more than three days and covering more than 50 miles without food resupply. • Go on a whitewater trip lasting at least two days and covering more than 20 miles without food resupply. • Participate in a climbing activity on open rock that includes at least two nights of camping. • Find 50 geocaches. • Spend 10 hours participating in shooting sports (archery, rifle, or shotgun). • Hold a current certification in Wilderness and Remote First Aid.

Adventure Log 1

[illegible]

Activity Log 2

[illegible]

Adventure Log 3

[illegible]

Activity Log 4

[illegible]

Adventure Log 5

Activity:		
Date(s)	Hours	Activity/Location

Activity Log 6

Activity:		
Date(s)	Hours	Activity/Location

Adventure Log 7

Activity:		
Date(s)	Hours	Activity/Location

Activity Log 8

Activity:		
Date(s)	Hours	Activity/Location



Conservation



Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement
	Complete the It's Your Planet—Love It! Journey or Think Like a Citizen Scientist Journey for your program level. Journey Completed: _____
	Complete the First Aid badge for your program level.
	Demonstrate the safe use of five of the following conservation tools and discuss the ethical use for each tool chosen: <ul style="list-style-type: none"> • Pick/pickaxe • Bow saw • Sledgehammer • Fire rake/McLeod • Shovel/spade • Cross-cut saw • Loppers or shears • Pulaski • Ax • Prybar
	Complete the following outdoor skill-building badge for your program level. Junior: Eco Camper Cadette: Eco Trekker Senior: Eco Explorer Ambassador: Eco Advocate
	Complete 25 hours of conservation work. Projects can be completed at city, county, state, or national parks or forests, on a Girl Scout camp property, or with a government or conservation agency project.

Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey or Think Like a Citizen Scientist Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Service to the Outdoors. Name of Girl Scout: _____
	Complete 25 hours of conservation work. Projects can be completed at city, county, state, or national parks or forests, on a Girl Scout camp property, or with a government or conservation agency project.

Conservation Log

Date(s)	Hours	Activity/Location		Date(s)	Hours	Activity/Location



Service to the Outdoors

Junior/Cadette/Senior/Ambassador Requirements

Earned (✓)	Requirement	
	Complete the It's Your Planet—Love It! Journey or Outdoor Journey for your program level. Journey Completed: _____	
	Complete the First Aid badge for your program level.	
	Demonstrate the safe use of the tools you will be using to complete projects. Discuss the ethical use of the tools you chose: Tool 1: Tool 2: Tool 3:	
	Complete at least two of the following skill-building badges for your program level: *Must be different badges than completed for other Outdoor Award requirements. Badge 1 Completed: _____ Badge 2 Completed: _____	
	Junior: Animal Habitat • Eco Camper • Camper Horseback Riding • Flower • Geocacher Outdoor Art Explorer • Space Science	Cadette: Space Science • Trailblazing • Eco Trekker • Night Owl • Archery • Outdoor Art Apprentice • Primitive Camper • Trees
	Senior: Adventure Camper • Cross Training Outdoor Art Expert • Sky • Adventurer Eco Explorer • Paddling • Space Science	Ambassador: Eco Advocate • Survival Camper Ultimate Recreation Challenge • Water Outdoor Art Master • Space Science
	Complete 35 hours of service to outdoor work. Service to outdoor work can include activities like clearing trails, cleanup projects, building projects, or running outdoor programs for younger participants. Projects can be completed at city, county, state, or national parks or forests or at Girl Scout camp properties.	

Adult Requirements

Earned (✓)	Requirement
	Complete Let's Go Camping 1 & 2 training or have a GSWPA Outdoor Skills certification. Date Certified: _____
	Hold a current certification in First Aid/CPR/AED through an approved vendor. Expiration Date: _____
	Lead Girl Scouts through completing the It's Your Planet—Love It! Journey, Outdoor Journey, or Think Like a Citizen Scientist Journey. This may be completed at the troop, service unit, or council level. Journey Completed: _____
	Mentor a Girl Scout through earning the Girl Scout Outdoor Award for Conservation. Name of Girl Scout: _____
	Complete 35 hours of service to outdoor work. Service to outdoor work can include activities like clearing trails, cleanup projects, building projects, or running outdoor programs for younger participants. Projects can be completed at city, county, state, or national parks or forests or at Girl Scout camp properties.

Service to the Outdoors Log

Date(s)	Hours	Activity/Location

Date(s)	Hours	Activity/Location

