

# Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

## Look Out

**Share past experiences in the outdoors.**

Talk about favorite outdoor places and why they're special.

Wonder what else can be seen in the outdoors.

## Meet Out

**Step outside to look, listen, feel, and smell.**

Share what was observed.

Learn more about what was discovered.

## Move Out

**Plan & take a short walk outside.**

Discuss being prepared for the weather.

Do activities to explore nature.

Plan and carry out an indoor sleepover.

## Explore Out

**Plan & take a short, easy hike.**

Discuss what to take in a day pack.

Dress for the weather.

Plan a healthy snack or lunch.

Learn how to stay safe in the outdoors.

## Cook Out

**Plan and cook a simple meal outdoors.**

Make a list of gear and food supplies needed.

Learn and practice skills needed to cook a meal.

Review outdoor cooking safety.

Practice hand and dish sanitation.

Create a Kaper Chart for the cookout.

## Sleep Out

**Plan and carry out an overnight in a cabin/backyard.**

Discuss what to pack for the sleep out.

Learn to use and care for camp-ing gear.

Learn and practice new outdoor skills.

Plan a menu with a new cooking skill.

Discuss campsite organization.

Plan time for fun activities.

## Camp Out

**Plan and take a 1- to 2-night camping trip.**

Take more responsibility for planning.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Plan a food budget, then buy and pack food.

Practice camp-site set up.

Plan an agenda that includes fun activities.

Explore/protect the surrounding environment.

## Adventure Out

**Plan and take an outdoor trip for several days.**

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Develop first-aid skills and use safety check points.

Budget, schedule, and make arrange-ments.

Participate in an environmental service project.

Teach and inspire others about the outdoors.

Imagine new experiences to be had outdoors.

Practice all Leave No Trace principles.

### LEAVE NO TRACE PRINCIPLES:

Plan Ahead & Prepare

Leave What You Find

Respect Wildlife

Minimize Campfire Impacts

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Be Considerate of Other Visitors