



Senior Adventure Camper

Pillar: Outdoors

Outcomes: Develop a strong sense of self

Seniors will earn their badge by:

1. Plan a survival camping trip
 - a. Pick a campsite. Look up local campsites and pick one you like, then email the ranger with questions.
<https://mostateparks.com/>
<https://ksoutdoors.com/State-Parks>
2. Gather your gear
 - a. Exercise with your gear. Pack your backpack and walk around the neighborhood with it on for 15 minutes a day and build up to an hour.
[Check out this example packing list to start building yours](#)
2. Plan and prepare your trip meals
 - a. Begin researching camp meal recipes and build your menu and shopping list
[Here is a helpful menu and shopping list template](#)
 - b. Take your camp cooking to the next level - make a buddy burner
<https://thesurvivalmom.com/diy-survival-make-buddy-burner/>
4. Use a camping skill on your trip
 - a. Use three essential knots around camp.
[Check out this series of knot tying tutorial from GSUSA](#)
5. Go adventure camping
 - a. Keep a journal of your trip. Make sure to document all you can with video, photos, or by writing in a journal.

When you're finished: Congratulations, you have earned your badge! You can purchase by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/Senior-Adventure-Camper-Badge>.

No shipping charges apply at this time.

