



GIRL SCOUTS LOVE THE OUTDOORS CHALLENGE



Let's get out in the warmer weather to take the national Girl Scouts Love the Outdoors Challenge! Check out the activities below to choose which you'd like to do to earn yourself a brand-new patch. Summer is the perfect time to celebrate our love of the outdoors. And you have so many options for how to safely explore—whether it be from your window, a campsite, the sidewalk, your laptop, or the wide-open trail! Use #gsoutdoors to share your story and see how other girls are completing this sunny outdoor challenge!

Based on your grade level, complete the required number of activities to earn a snazzy new patch.

1. Attend Girl Scouts Love State Parks Weekend on Sept 11 or 12.

2. List the single-use plastics your family uses in one week, and then commit to replacing three of them with reusable items.



3. Visit a state park virtually on www.girlscouts.org/stateparks.

4. Observe life underwater.

5. Complete the Girl Scout Junior Ranger program at a national park.

6. Paint a landscape.



7. Make a nature map of your neighborhood.

8. Visit a state park.

9. Make a mobile with found natural objects.

10. Make GORP (trail mix).

11. Make a nature-inspired gift for a friend.

12. Practice three yoga poses twice in one week.

13. Hike at least one mile on a trail.

14. Meditate outside for ten minutes.

15. Write to an elected official about an outdoor issue in your community.

16. Go geocaching with your family, friends, or troop.

17. Identify poison ivy, oak, or sumac (but don't touch!)

18. Teach a friend how to pack for daylong hike.

19. Try a new recipe for a healthy snack to take outdoors.



20. Calculate how much water you need to pack for a three-hour hike.

21. Make a poster about how to use less single-use plastics and share it at a troop meeting.

22. Plant a tree for the [Girl Scout Tree Promise](#).



23. Identify a bird by its call.

24. Complete the [Trail Adventure badge](#).

25. Learn how Indigenous Americans engaged with the outdoors in your area.

26. Play in the rain.

27. Identify an insect by its song or sound.



28. Splash in a puddle.

29. Learn a new swim stroke.

30. Join or start a beach or park cleanup.

31. Fly a kite.

32. Write a poem about a tree.

33. Make a video about an outdoor sport and share it with your friends.

34. Try kayaking.

35. Make your own first aid kit.

36. Learn how to use a compass.

37. Take your family on a sunset walk.

38. Learn how to safely use a pocketknife.



39. Photograph nature in an unusual place.

40. Try a high-adventure course.

41. Learn the seven principles of Leave No Trace and teach a friend.



42. Make a list of supplies for an overnight backpacking trip.



43. Find nature in an unusual place.

44. Watch the sunrise or sunset.

45. Identify a planet in the night sky.

46. Make a tree bark rubbing.



47. Find rain drops or dew on a blade of grass.

48. Make an outdoor obstacle course for your family, friends, or troop.

49. Teach a friend a Girl Scout song to sing while handwashing.

50. Learn about trail etiquette and spread the word.

Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch



Daisy	20
Brownie	25
Junior	30
Cadette	35
Senior & Ambassador	40

[Get the patch!](#)

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