

Spring/Summer Checklist for _____ Troop # _____

Get Outdoors Challenge - Spring Activities

<input type="checkbox"/> Attend an outdoor sporting event	<input type="checkbox"/> Measure the rainfall after a storm	<input type="checkbox"/> Explore your (or a family member's) backyard
<input type="checkbox"/> Hike 1/2 a mile	<input type="checkbox"/> Visit a nature center	<input type="checkbox"/> Play in the rain
<input type="checkbox"/> Play on a playground outside	<input type="checkbox"/> Visit a farm	<input type="checkbox"/> Attend a ranger talk/hike
<input type="checkbox"/> Learn how to use a compass	<input type="checkbox"/> Learn about your home watershed	<input type="checkbox"/> Visit a national park
<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Complete an outdoor badge	<input type="checkbox"/> Have a picnic
<input type="checkbox"/> Watch ants	<input type="checkbox"/> Sing a song on a hike	<input type="checkbox"/> Jump rope outside
<input type="checkbox"/> Meet a park ranger	<input type="checkbox"/> Make a leaf rubbing	<input type="checkbox"/> Make a bird feeder
<input type="checkbox"/> Pitch a tent	<input type="checkbox"/> Go on a horseback ride	<input type="checkbox"/> Go bug hunting
<input type="checkbox"/> Learn about trail markers	<input type="checkbox"/> Watch fireflies at night	<input type="checkbox"/> Create a letterbox challenge course with friends
<input type="checkbox"/> Build a fort	<input type="checkbox"/> Learn how to identify bird calls	<input type="checkbox"/> Draw and play hopscotch
<input type="checkbox"/> Tie-dye something outside	<input type="checkbox"/> Go bird watching	<input type="checkbox"/> Host a backyard cookout
<input type="checkbox"/> Draw outside with sidewalk chalk	<input type="checkbox"/> Write a poem about your favorite outdoor place	<input type="checkbox"/> Swing on a swingset at a playground
<input type="checkbox"/> Fly a kite	<input type="checkbox"/> Learn about archery	<input type="checkbox"/> Ride a bike
<input type="checkbox"/> Do community service outside	<input type="checkbox"/> Build a butterfly garden	<input type="checkbox"/> Make a fairy garden
<input type="checkbox"/> Draw a map of your favorite outdoor place	<input type="checkbox"/> Read a book outside	<input type="checkbox"/> Go fishing
<input type="checkbox"/> Play disc golf	<input type="checkbox"/> Tour a botanical garden	<input type="checkbox"/> Visit a state forest/park
<input type="checkbox"/> Attend a Council/Service Unit outdoor event	<input type="checkbox"/> Hike 1 mile	<input type="checkbox"/> Plant some herbs/flowers
<input type="checkbox"/> Learn about spiders	<input type="checkbox"/> Take photos outside	<input type="checkbox"/> Take a "nature selfie"
<input type="checkbox"/> Go strawberry picking	<input type="checkbox"/> Learn about <i>Leave No Trace</i> principles	<input type="checkbox"/> Take a friend to your favorite outdoor place
<input type="checkbox"/> Blow bubbles	<input type="checkbox"/> Visit a zoo	<input type="checkbox"/> Play a game outside with your friends

Get Outdoors Challenge - Summer Activities

<input type="checkbox"/> Go swimming in an outside pool	<input type="checkbox"/> Build a fire (with an adult)	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Swim in a creek or lake	<input type="checkbox"/> Put your toes in sand at the beach	<input type="checkbox"/> Ride on a boat
<input type="checkbox"/> Cook over a fire (with an adult)	<input type="checkbox"/> Create art inspired by nature	<input type="checkbox"/> Stay overnight at a Council/Service Unit camp
<input type="checkbox"/> Volunteer at a park clean-up day	<input type="checkbox"/> Learn about wildlife rehabilitation	<input type="checkbox"/> Play outside with a pet
<input type="checkbox"/> Plan a scavenger hunt	<input type="checkbox"/> Make an outdoor obstacle course	<input type="checkbox"/> Sing songs around a campfire
<input type="checkbox"/> Have a water balloon toss	<input type="checkbox"/> Play in a sprinkler	<input type="checkbox"/> Participate in a high adventure activity
<input type="checkbox"/> Spend time meditating outdoors	<input type="checkbox"/> Look for constellations	<input type="checkbox"/> Take a night hike
See page 2 for more activities!	<input type="checkbox"/> Make up a game outside	<input type="checkbox"/> Hug a tree

<input type="checkbox"/>	Go see a waterfall	<input type="checkbox"/>	Complete a Journey activity outside	<input type="checkbox"/>	Observe a wild animal (at a safe distance)
<input type="checkbox"/>	Talk to a family member about their favorite outdoor memories as a child	<input type="checkbox"/>	Camp at a campground	<input type="checkbox"/>	Create a nature journal
<input type="checkbox"/>	Go to an amusement park	<input type="checkbox"/>	Go stand-up paddleboarding	<input type="checkbox"/>	Go kayaking or canoeing
<input type="checkbox"/>	Play your favorite sport outside	<input type="checkbox"/>	Send GSBDC pictures of your outdoor adventures at bdgsc.org/getoutdoors	<input type="checkbox"/>	Hike 2-3 miles
<input type="checkbox"/>	Volunteer at the animal shelter to walk pets outside	<input type="checkbox"/>	Go on a zipline	<input type="checkbox"/>	Make s'mores over a campfire
<input type="checkbox"/>	Play an instrument outside	<input type="checkbox"/>	Skateboard, bike, or rollerblade outside	<input type="checkbox"/>	Learn how to use a camping stove
<input type="checkbox"/>	Swim in an ocean	<input type="checkbox"/>	Play water balloon baseball outside	<input type="checkbox"/>	Go to a drive-in movie
<input type="checkbox"/>	Paint outside using water guns	<input type="checkbox"/>	Watch fireworks	<input type="checkbox"/>	Paint rocks outside
<input type="checkbox"/>	Make ice cream outside	<input type="checkbox"/>	Visit a waterpark	<input type="checkbox"/>	Go camping with your family or troop

Number of Activities Required Per Grade Level

Daisy	Brownie	Junior	Cadette	Senior	Ambassador
20	25	30	35	40	45



Take the challenge. Earn a patch.

For more information about the Get Outdoors Challenge, visit <https://girlscouts.info/PatchPrograms> or scan the QR code below. Once your Girl Scout has completed the challenge, contact the Girl Scouts of Black Diamond Boutique to purchase your Get Outdoors Patch and leaf set.

