



Cadette Eco-Trekker Badge

Online and Outdoor Activities

Summer, 2020

Complete five requirements and Take Action, online and outdoors.

Badge workshops are optional, with two one-hour videoconference “meetings,” in addition to the activities listed here. The workshop fee will be \$10, listed in Happenings: Cadettes.

GSUSA BADGE REQUIREMENTS

An outdoor trek can mean anything from a walk in the woods to a long-distance hike. As an eco-trekker, you will discover your important role in nature and find an environmental issue to explore. You will become responsible for the choices you make outdoors. You will learn how to conserve, preserve, and protect, and then share your knowledge with others.

1. Learn how to make minimal impact on a trek
2. Plan an eco-trek with a purpose
3. Practice an eco-skill on your trek
4. Make a difference on your eco-trek
5. Make a difference after your eco-trek

STEP 1: Learn how to make minimal impact on a trek

In Girl Scouting, you’ve pledged respect for nature by being considerate and caring and using resources wisely. The Leave No Trace principles outline the ways to leave minimal impact on the land as we enjoy nature.

Start with this 4-minute video, “How to Leave no Trace Outdoors,” from Girl Scouts of the USA, <https://www.youtube.com/watch?v=t0qge7czlz8>

Optional, for more information, “What does Leave No Trace mean for Girl Scouts?” <https://www.girlscouts.org/en/adults/volunteer/tips-for-troopleaders/programming/what-is-leave-no-trace.html>



Take the Leave No Trace Online Awareness Course. Go to <https://lnt.org/get-involved/training-courses/online-awareness-course/> for a 30- to 60-minute course that includes questions about Leave No Trace practices and techniques. (Note: The course doesn’t work on a mobile device.)

Seven Leave No Trace Principles help protect the environment as you explore:

1. **Plan Ahead and Prepare**
2. **Travel and Camp on Durable Surfaces**
3. **Dispose of Waste Properly**
4. **Leave What You Find**
5. **Minimize Campfire Impacts**
6. **Respect Wildlife**
7. **Be Considerate of Other Visitors**

STEP 2: Plan an eco-trek with a purpose

Start by deciding where to spend your time in nature—do you have a park nearby? Trails you want to explore?

Plan a 5-mile hike (about three hours) for your family or your troop. Invite your family to take the hike with you, putting the details into an email invitation with what, when, where, and what to bring. Keep the invitation, and invite your troop to join you later.

Identify a regional park or open space near your home. Start with the nearby nature lists at <https://www.sdgirlscouts.org/nearbynature> . Also look at hikes near your home, at <http://hikingsdcounty.com/hiking-trails-in-san-diego-county-map-view/> .

Look at the map and locate trailheads. Where will you enter the trail? If driving, where will you park?

Estimate turn-around point at 2 to 3 miles. Are there any features there? Or choose a loop trail from the trailhead.

Plan what you'll eat and wear, depending on the weather and the amount of time you'll be outdoors. Refer to information in [Get up and Go Outside](#) guide for leaders (and older girls) taking Brownies and Juniors on hikes. Ten essentials on page 4, Be prepared on page 5, and Be aware (poison oak, snakes and weather) on page 7, and more!

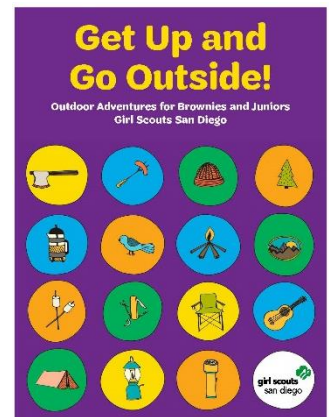
Get ready, then hike!

If health or other conditions limit your family, then plan a shorter hike, or take a virtual hike on the Pacific Crest Trail with these videos:

179 days on the Pacific Crest Trail,
<https://www.youtube.com/watch?v=LeKlrcGjYcc>

The end changes you, a Pacific Crest Trail short film,
<https://www.youtube.com/watch?v=PjSZYdQYdMA>

Mile. Mile & a Half, feature-length documentary (1.5 hours) In an epic snow year, five friends leave their daily lives behind to hike California's historic John Muir Trail, a 211-mile stretch from Yosemite to Mt. Whitney, in 25 days. More info at <http://themuirproject.com/mmah/film/>



STEP 3: Practice an eco-skill on your trek

Get inspired about hiking! Watch these two short videos.

Mile... Mile & A Half documentary about hiking the Pacific Crest Trail, Starting the hike, 2-minute video, <https://vimeo.com/channels/735048/36675195>

Yosemite to Mt. Whitney, 2=-minute video, <https://vimeo.com/channels/735048/28965851>

Focus on Leave No Trace principle two: Travel on durable surfaces. A surface is durable when it can tolerate repeated travel and trampling without damage.

View these three short videos:

Traveling on durable surfaces, <https://www.youtube.com/watch?v=cBSxig8iM9U>

What do hiking impacts look like? <https://www.youtube.com/watch?v=ljpLg5TdcQc>

Multi-use trail responsibility, <https://www.youtube.com/watch?v=mY0EDp8WSVE>

Then take this video-quiz, <https://www.youtube.com/watch?v=veUcVjOuDVw>

On your eco-trek, notice the trail conditions. Where are visitors damaging the trail? Bring a map and make notations of areas where the path might be compromised.

Optional: Watch "Leave No Trace Principle 2- Travel and Camp on Durable Surfaces," 17-minute video by an older Girl Scout in the Girl Scouts of Kentuckiana, <https://www.youtube.com/watch?v=ikcUYbFZ9rE>



STEP 4: Make a difference on your eco-trek

Learn about some of the Leave No Trace principles that need to be applied to the most common hiking impacts in San Diego.

Wildfire is one of the greatest risks to local nature. NEVER light a signal or warming fire in Southern California, due to wildfire danger. The "Ten Essentials" commonly include waterproof matches and a Firestarter, but these are NOT to be carried on a day hike in San Diego or southern California.

For any hike, plan ahead to ensure adults and girls know what to do in case of emergency, such as whether they'll have reception to use cell phones to call 911, or will need to hike out to a road or trailhead to seek help.

View these three videos and read the blog:

Leave no Trace skills for mountain biking, <https://www.youtube.com/watch?v=Zw649q7aJ7g>

How long does trash last? <https://www.youtube.com/watch?v=J2Sns-F-cLw> Some trash stays 600 years in nature!

Respect wildlife and fellow hikers, <https://www.youtube.com/watch?v=YfNxktZ8Qvw>
The best way to protect wildlife is to give them space and distance and help protect the habitats they live in.

Social distancing responsibly outdoors, <https://blog.nols.edu/2020/03/19/social-distancing-responsibly-outdoors>

Learn more about at least three different types of wildlife that are common in San Diego (webpages cover both local to San Diego and “visitors” at the Zoo and Wild Animal Park)

[Bats](#) [Bees](#) [Bobcats](#) [Burrowing owls](#) [Frogs-toads](#) [Golden eagles](#) [Hummingbirds](#)
[Lizards](#) [Mountain lions](#) [Opossum](#) [Raccoons](#) [Rattlesnakes](#) [Skunks](#) [Spiders](#)

Optional! Look up more information on San Diego’s mammals, birds, amphibians and reptiles, insects and spiders, at <http://archive.sdnhm.org/fieldguide/index.html>

Optional! Dig deeper! Find more Leave No Trace resources at <https://lnt.org/> and National Outdoor Leadership School resources at <https://blog.nols.edu/topic/leave-no-trace>

Optional! Sign up for backpacking day and overnight hikes with Girl Scouts San Diego, <https://www.sdgirlscouts.org/en/camp/hiking-backpacking.html>

STEP 5: Make a difference after your eco-trek

You completed your eco-trek —hooray! Now make a difference by creating awareness and inspiring others about your issue. Choose and complete **ONE** of these:

Promote Leave No Trace in your social media. Take a photograph of your family on the trail or select a photo from past troop activities. Post on Instagram with three sentences about good trail etiquette, and the importance of staying on the trail.

OR Review the hike you made with your family. Shorten the distance, so Brownies or Juniors could enjoy the trail, maybe a one-mile walk and then return. List Leave No Trace trail behavior that you would share with them.

Make a flyer inviting a younger troop to hike with you, using the date October 1, 2020 as a placeholder and the place they would meet you. (This completes the Take Action for the badge, and you can bring this idea to your troop when meetings resume.)

Badge adapted by **Anne Fege**, a local Forester with a forty-plus-year career in urban forestry, habitat conservation, wildfire preparedness and recovery, wilderness management, energy forestry, research, and environmental education. Anne has completed four National Outdoor Leadership School courses, is an experienced backpacker, and has taught Leave No Trace workshops. She was a Brownie at age seven and stayed through Seniors, led several Cadette troops, and now volunteers to offer more “nearby nature” experiences for troops and outdoor STEM for older girls. Anne has a Ph.D. in Plant Physiology, a Masters in Forest Resources, and an MBA. Contact Anne Fege at afege@aol.com. 6/29/2020