

The Outdoor Training Pyramid

Progression in the outdoor world is a vital part of the learning process. Volunteers can build a strong foundation, starting with **Out and About**, followed by **Fire, Food and Fun**; then **Camping Adventures** which can lead to more **Advanced Outdoor Courses**. It is recommended that troop/groups wanting to explore areas beyond their local region take **Out and About** then **See the Country and See the World**.

- The **Out and About** course is the foundation on which all fieldtrips and overnights beyond four hours are based
- **Out and About** gives leaders and volunteers the knowledge and experiences to take their girls beyond their meeting place.
- For troops/groups interested in camping, **Out and About** is the first step toward being able to camp in tents.
- **Fire, Food and Fun** gives volunteers the knowledge and experience to teach the girls to build fires safely and begin their outdoor cooking adventures. This is the second step in Outdoor Training.
- Step three, **Camping Adventures** will lead volunteers and girls to sleep outdoors and do more advanced outdoor cooking.
- **Advanced Outdoor Courses** will take girls and volunteers to new heights in camping and outdoor adventures
- **See the Country and See the World** offers training to girls and their advisors interested in expanding their travel radius beyond their local region.

1. Out and About

Allows volunteers to lead girls on adventures beyond the basic four hour field trip including basic day hikes and simple overnights in buildings with their own heat source, electricity and running water.

This three hour course is the foundation for the other outdoor courses and the prerequisite to **Fire, Food and Fun**; **See the Country and See the World**.

4. Advanced Outdoor Courses

Courses may include backpacking, winter camping or advanced outdoor cooking classes and more.

Prerequisite: Camping Adventures

3. Camping Adventures

Allows girls and volunteers to expand their horizons and move out of buildings and into the outdoors. It is the third step in outdoor training.. This course includes a three hour **planning session** followed by a **24 hour overnight experience**.

Prerequisite: Fire, Food and Fun

2. Fire, Food and Fun

Allows Girl Scouts to build fires, cook simple meals and make s'mores. This three hour course is the second step on the path to **Camping Adventures**.

Prerequisite: Out and About

*See the Country and See the World

Allows girls and their advisors to explore beyond their local region, involves more work on budgeting, accommodations and travel options.

This training is offered to girls and their advisors together.

Prerequisite: Out and About

*Optional