**Daisy Snow (or Climbing) Adventure Badge – Outdoor Pillar**

**Goal:** This badge can be earned twice! We’re going to focus on the snow side this time. When I’ve earned this badge, I will have done active and fun things in the snow!

**Snow Play:** We’re going to get dressed, go outside and do something active! We can go snowshoeing, tubing, sledding, ice-skating or tobogganing. Pick one or two that sound fun to you!

**Activity 1, Dressing for the weather**

*What I’ll do:*

Learn about “layering”, dressing for the weather. Try on your winter wear, be sure it still fits.

Have a scavenger hunt to see if you can find each of the pieces of clothing listed below.

*What I’ll need:*

Base layer: warm clothes that go next to my skin, which pull sweat away, such as long underwear tops and bottoms. This will you dry.

Warming layer: a sweater or long-sleeved shirt and pants over the base layer. This will keep you warm by trapping warm in between the layers.

Waterproof layer: a rain jacket and pants, or a snow jacket and pants. These should be water proof or resistant, to protect you from rain, melting snow and wind.

Hats, mittens, scarves, boots will also keep you warm and dry for your outdoor snowy adventures.

Layering works because if you get too warm, you can unzip or take off a layer, before you begin to sweat which will make you colder. Look for materials such as polyester, nylon, fleece and wool, these materials wick away moister and keep you dry. Avoid materials such as cotton, which will absorb moisture, and make you feel cold and wet.

Scavenger Hunt:

\_\_\_ Long underwear top

\_\_\_ Long underwear bottom

\_\_\_ Wool socks

\_\_\_ Long sleeve shirt

\_\_\_ Long pants

\_\_\_ Wool or fleece sweater

\_\_\_ Winter boots

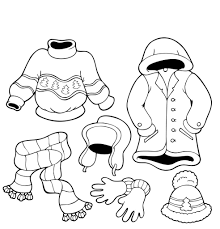
\_\_\_ Winter weather proof jacket

\_\_\_ Winter weather proof pants

\_\_\_ Hat

\_\_\_ Scarf

\_\_\_ Mittens (2)

\_\_\_ Sunglasses or goggles

**Activity 2, Choose your activity!**

*What I’ll do*:

Lean about fun activities to do outside in the snow!

Sledding: sliding down a snow covered hill, on a sled, saucer or even a kitchen tray

Tobogganing: a special sled that more than one person can ride on

Tubing: sliding down a hill in an inner tube

Ice-skating: gliding across ice while wearing skates, which are special shoes with a blade on the bottom. Figure skating is very much like gymnastics or dance while wearing ice-skates. Ice hockey is a fast paced sport, where players wear ice-skates and use hockey stick to push a puck into the net and score points.

Snowshoeing: walking across deep snow with snowshoes on. Snowshoes are large and keep you from sinking into the deep snow. Ski poles can be used to help you balance.

Words to describe snowshoes:

* + Frame: aluminum or wood out edge of the snowshoe
  + Decking: the flat surface of the snowshoe that makes it possible for you to walk on the snow
  + Binding: this is the part that attaches the snowshoe to your boot.
  + Pivot Point: the is where the binding attaches to the snowshoe
  + Crampon: this is the “teeth” on the bottom of the snowshoe, usually made of metal, but can be plastic. The crampon is hard and gives added traction in the snow. It can damage floors or be damaged on cement and pavement.

*What I’ll need:*

To try any of these activities you need a hill covered with snow! You’ll also need some kind of sled.

Did you know that you can reserve snowshoes at GSOFCT? Snowshoes are available at these GSOFCT camps: AnSeOx (Oxford), Candlewood (New Fairfield), Laurel (Lebanon), Rocky Craig (Stamford), Yankee Trails (Tolland). Please visit our website: <https://www.gsofct.org/en/camp/property-information-and-rental.html> for more information and to make a reservation.

**Activity 3, Go on your adventure**

*What I’ll do*:

1. Team up with a trusted adult.
2. Find out what you will need to bring with you on your adventure and make a list. Some things you may want to bring are: water, some healthy snacks and you winter clothes.
3. It’s also a good idea to stretch before you go. This website has some stretching for kids <https://parenting.firstcry.com/articles/stretching-for-kids-benefits-and-exercises/>
4. Let an adult at home know where you are going and when you plan to be back from your adventure.

**Where I can purchase the Badge:** <https://www.girlscoutshop.com/daisy-snow-or-climbing-adventure-badge>







