## Get Outdoors! Challenge

### All Ages:
- Watch the sunset
- Attend an outdoor sporting event
- Build a fire (with an adult)
- Visit a nature center
- Play in the rain
- Visit a farm
- Put your toes in the sand at a beach
- Attend a ranger talk/hike
- Swim in a creek or lake
- Volunteer to take a shelter pet for a walk
- Learn how to use a compass
- Send GSEP pictures/videos of your outdoor adventures to memberservices@gsep.org
- Ride on a boat
- Visit a national park
- Visit a state park
- Cook over a fire
- Create art inspired by nature
- Hike to an overlook/vista
- Stay overnight at a GSEP camp
- Go to a GSEP resident camp
- Learn about the trees that grow in your neighborhood
- Go whitewater rafting
- Volunteer at a park clean-up day
- Learn about wildlife rehabilitation
- Play outside with a pet
- Earn the Naturalist badge for your GS level
- Plan and/or complete a scavenger hunt
- Play an instrument outside

### Daisy:
- Go for a walk
- Watch the clouds
- Have a picnic
- Visit a zoo
- Watch ants
- Sing a song on a walk
- Make up a game outside
- Jump rope outside
- Blow bubbles in your yard or park
- Meet a park ranger
- Explore your (or a family member’s) backyard
- Play on a playground outside
- Hug a tree
- Host a backyard campout with your family
- Climb a tree/explore a treehouse
- Sing songs around a campfire
- Take someone on a “tour” of your favorite outdoor space
- Complete a National Park Service Junior Ranger badge
- Draw a sidewalk chalk masterpiece
- Write a poem about your favorite outdoor space

### Brownie:
- Hike 1/2 mile
- Make a birdfeeder
- Pitch a tent
- Go on a pony ride
- Go on a bug hunt
- Learn your trail markers
- Build a fort
- Swim in an outdoor pool
- Watch fireflies at night
- Create a letterbox
- Play your favorite sport outside
- Measure the rainfall during a storm
- Learn about archery
- Go geocaching
- Complete a ropes/challenge course
- Go stand-up paddle-boarding
- Go backpacking for a night
- Help clean up a trail
- Learn pocket knife safety and how to whittle
- Spend some time meditating outdoors
- Beautify a garden
- Take a night hike
- Draw a map of your favorite park/camp/outdoor space

### Junior:
- Hike 1 mile
- Make a slip-and-slide
- Tie-dye something outside
- Go geocaching
- Go horseback riding
- Host a backyard campout with your family
- Climb a tree/explore a treehouse
- Sing songs around a campfire
- Take someone on a “tour” of your favorite outdoor space
- Learn about wildlife rehabilitation
- Complete a National Park Service Junior Ranger badge
- Earn the Naturalist badge for your GS level
- Plan and/or complete a scavenger hunt
- Play an instrument outside

### Cadette:
- Hike 2-3 miles
- Make a flower crown
- Learn about archery
- Go geocaching
- Complete a ropes/challenge course
- Go stand-up paddle-boarding
- Go backpacking for a night
- Help clean up a trail
- Learn pocket knife safety and how to whittle
- Spend some time meditating outdoors
- Beautify a garden
- Take a night hike
- Draw a map of your favorite park/camp/outdoor space

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**Turn the page for more “All Ages” activities!**

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*Discover much more online at gsep.org!*
### All Ages continued...

<table>
<thead>
<tr>
<th>Senior:</th>
<th>Ambassador:</th>
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<tbody>
<tr>
<td>Tag #GSEPGetOutdoors on your social media posts about these challenge activities</td>
<td>Hike 3-4 miles</td>
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<tr>
<td>Go fishing</td>
<td>Mountain bike on a trail</td>
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<td>Play disc golf</td>
<td>Go on a zip line</td>
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<td>Go on a walk/hike with your whole family</td>
<td>Hike to see a sunrise or sunset</td>
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<td>Make a s’more over a campfire</td>
<td>Become a CIT</td>
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<td>See a waterfall</td>
<td>Take photos outside</td>
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<td>Tour a botanical garden</td>
<td>Go primitive camping</td>
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<tr>
<td>Visit a state forest</td>
<td>Go kayaking/canoeing</td>
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<td>Visit a state park from another state</td>
<td>Learn the stories behind three constellations</td>
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<td>Play mini-golf</td>
<td>Play a game outside with younger girls</td>
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<tr>
<td>Hike a portion of a National Scenic Trail (North Country Trail, Appalachian Trail, etc.)</td>
<td>Go for a walk/jog/run in a park</td>
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<td>Attend a GSEP outdoor program</td>
<td>Take a “nature selfie”</td>
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<td>Complete a Journey activity outside</td>
<td>Create a journal to track the changes of the seasons (plants, animals, weather, etc.)</td>
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<td>Observe a wild animal (from a safe distance)</td>
<td>Pick fruits/vegetables from a local farm</td>
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<td>Plant some herbs to keep in your kitchen</td>
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<td>Talk to a family member about their favorite childhood memories of the outdoors</td>
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<td>Find out about careers that involve outdoor recreation, restoration, etc.</td>
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<td>Swim in an ocean</td>
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<td>Camp at a campground</td>
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<td>Learn about spiders</td>
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<tr>
<td>Ride a skateboard/bike/rollerblades outside</td>
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**From October 1 to June 1, complete as many activities as possible from the list above.**

**Complete at least 10 activities from your grade level (two can be from a younger grade level) and 30 activities from the all ages list, and you’ll earn the Get Outdoors Challenge patch for your age level!** Patches can be purchased at any GSEP retail shop!

Many activities can be completed at the same time. For example, a Brownie can hike a half-mile (grade-level activity) to an overlook (all ages activity) to watch the sunset (all ages activity), and she’s completed three activities at once and can check off all three. See, this is easier than you think!

Girls can also substitute two activities from a younger grade level to count toward their grade level activity requirements. For example, an Ambassador can go stand up paddle-boarding, even though that activity is listed under a younger grade levels (Cadette). Or, she can help some younger girls work on an activity for their grade level, and the Ambassador can still count it towards her checklist.