



AHG History

Outdoor Skills have always been an important part of AHG. This badge was first earned during a badge day where girls traveled from station to station learning new skills.

Faith Connection

Knowing how to safely live outdoors gives opportunities for exploring the natural beauty of God's creation.

Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.
(Psalms 96:11-12, NIV)

Leader's Signature
(Tenderheart Level)

Date

Leader's Signature
(Explorer Level)

Date

OUTDOORSKILLS

Outdoor skills are essential to having safe and fun outdoor experiences. Whether embarking on a four-day backpacking trip or a short hike at your local park, a basic knowledge of outdoor skills will add to the enjoyment and safety of your adventures.

Prior to beginning this badge, adults helping girls are required to review AHG's Health and Safety Policies and Guidelines.

TENDERHEART Complete All

- 1. What does "potable water" mean? Learn why access to potable water is so important. What are some water sources in the wilderness? How can you tell if those water sources are safe to drink?
- 2. Learn and demonstrate an overhand knot and a square knot. Describe where you would use each one.
- 3. Learn basic outdoor first aid. Know how to care for blisters, cuts, scrapes, minor burns, and exposure to poisonous plants. Play a game in which you spread the contents of the first aid kit on the table and must pick out the items required for different emergencies.
- 4. Make a simple map of your yard, playground, or meeting area. Draw a compass rose on your map to indicate the four major directions (N, S, E, W) and be able to show the different directions. Why is the compass rose important?

TENDERHEART Complete One

- 5. What should you do if you see a wild animal on one of your outdoor adventures? Make a list of at least five animals you might encounter and roleplay what your response should be.
- 6. How can you identify when dangerous weather is approaching? If you are in the outdoors, what should you do if bad weather is on its way?
- 7. Learn the basics of "Leave No Trace." How can you apply these principles on your next outdoor adventure? Create a poster, brochure, or commercial to teach these principles to your Unit or family.

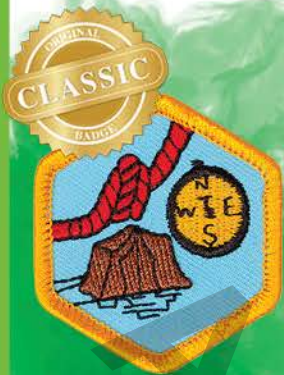


EXPLORER Complete All

- 1. Learn and be able to demonstrate the following knots: overhand knot, square knot and half-hitch. When would you use each one?
- 2. Identify plants or animals in your area that could potentially cause illness or injury during your outdoor adventures, including poisonous or dangerous plants, animals, and insects. What can you do to avoid each of these dangers? What do you need to do if you are affected?
- 3. Learn how to properly hold a compass. What may prevent it from working properly? Using a compass, take a bearing and walk 50 feet in each direction: N, S, E, and W. Learn how to tell direction without a compass.
- 4. Learn and demonstrate how to measure distance using pacing. Determine the average length of your pace. Make a simple map of an outdoor area using a compass and pacing.
- 5. Learn basic knife safety. Be able to demonstrate the following:
 - Open, close, and pass a knife
 - Clean a knife
 - Use a safety circle
 - Sharpen a knife using a whetstone
- 6. Demonstrate your knowledge of the following first aid skills: stopping bleeding, treating burns (including first, second, and third degree), removing splinters, and caring for temperature-related illnesses. Make a first-aid kit to take on your next outdoor adventure. If you already have a first-aid kit, check the contents for adequate supplies and expiration dates (if applicable).

EXPLORER Complete Two

- 7. Demonstrate the proper use of a knife by making a roasting stick or hiking staff.
- 8. Learn about trail signs. Design your own trail signs out of natural materials such as sticks and rocks. Make a key that explains the signs. Now, using the trail signs, lay out a trail and have someone follow it.
- 9. Learn and demonstrate two other types of knots than those mentioned in requirement #8 and describe their uses.
- 10. Identify and use twine, cotton rope, poly rope, and hemp rope. When would each be appropriate for use in outdoor activities? What is tensile strength?



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PIONEER & PATRIOT complete all

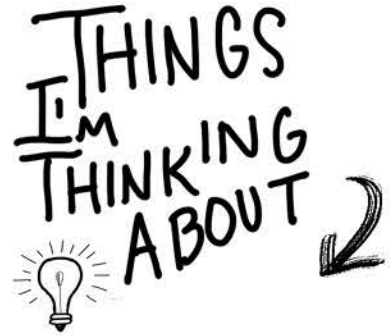
- 1. Learn and demonstrate basic knife safety including the following. Using your knife, whittle something out of a piece of wood.
 - Open, close, and pass a knife
 - Use a safety circle
 - Clean a knife
 - Sharpen a knife using a whet stone
- 2. What are some options for going to the bathroom when an existing toilet is not available? How do "Leave No Trace" principles apply? Cat holes are a low-impact toileting choice. What are some guidelines regarding where to dig a cat hole? Demonstrate how to make and fill in a cat hole. What should be done with paper products (toilet paper, feminine hygiene products, etc.) if an existing toileting facility does not exist? Practice this skill.
- 3. Name the parts of the axe, hatchet, and bow saw. Complete the following:
 - Learn to carry, pass, and store each tool.
 - Learn to safely use each tool to cut a 2" diameter log in half.
 - Discuss when it is appropriate to cut downed or live wood.
- 4. Whip the ends of a piece of rope then learn and be able to demonstrate the following knots: overhand knot, square knot, half-hitch, clove hitch, taut line, and bowline. Describe where you would use each one.
- 5. Learn and be able to demonstrate square lashing, diagonal lashing, shear lashing, and continuous or floor lashing. Make a useful structure for camp such as tripod with a partial table attached, a tower, a table, etc. You must use at least three different types of lashings in your structure.
- 6. Design and build a tent-like structure using a plastic sheet, rope, knots you have learned, and wooden stakes you have cut.
- 7. Explain how a compass works and demonstrate how to take readings from a compass. Take a hike on a trail in the woods and record the compass bearing at all significant turns in the trail for one mile.

Leader's Signature
(Pioneer and Patriot Levels)

Date

PIONEER & PATRIOT complete three

- 8. Design a compass course with at least eight different bearings in degrees and specific distance measurements. Have fellow Pioneers or Patriots follow your course.
- 9. What is the difference between a planimetric and a topographical map? When is each best used?
- 10. Many trails use blazes to delineate the path. Learn the trail-blazing system utilized on the Appalachian Trail (or a trail system near your home). Identify a right turn, left turn, straight ahead, and end of trail. Practice following a trail using only blazes.
- 11. Locate the North Star and explain its importance in early navigation. Locate the Big Dipper, Little Dipper, and three other constellations.
- 12. Assist a younger girl or Unit in earning this badge by teaching at least three required skills.
- 13. Explain how to determine the time without using a timepiece. For both day and night, explain how to determine north without using a compass.
- 14. What does minimum impact mean? How does minimum impact affect your planning and implementation of outdoor activities? Analyze your Troop or family's impact during their last outdoor activity. What are some ways you can lessen this impact next time?



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