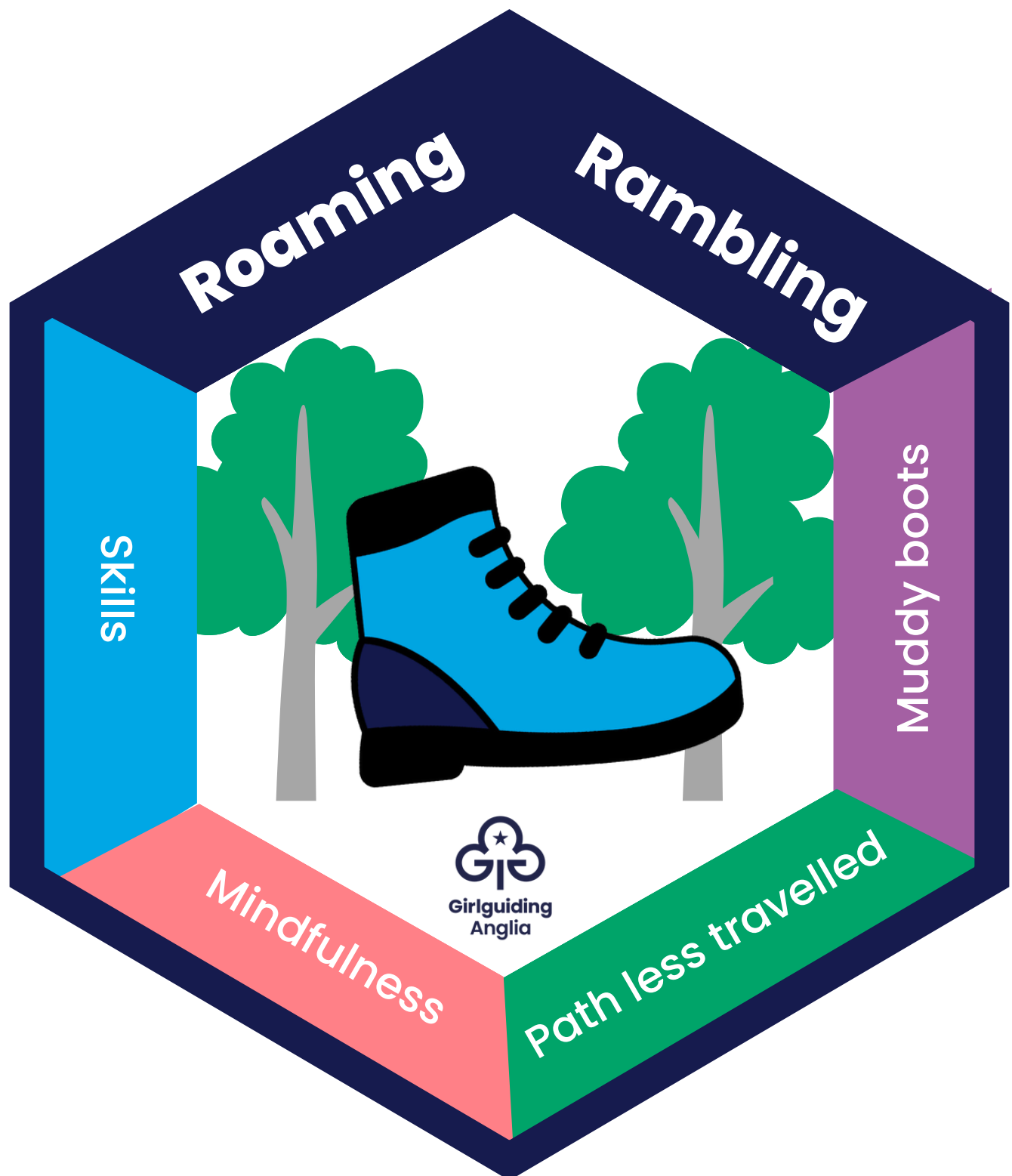


Welcome to Girlguiding Anglia's...



Appendix

Section 1: Skills

Pack your bags

What you take on a walk may depend on who's going, where you are going, when you are going (both time and season), how far you are going and how long you intend to be out for.

These are some suggestions

- Rucksack with shoulder pads and waist strap
- Waterproof liner
- Comfortable clothing, preferably wicking, not cotton (definitely no jeans!)
- Spare fleece or microfiber jacket (not cotton as this does not dry easily)
- Waterproof jacket and trousers
- Warm hat and gloves
- Sun hat, sunglasses and sunscreen
- Plastic whistle (a metal one will stick to your lips when cold)
- Filled water bottle
- Flask of hot drink
- Snacks / packed lunch
- Tissues and small rubbish bag (leave no trace)
- Hand sanitiser
- Map in a map case & Compass
- Head torch
- Group first aid kit
- Group emergency shelter
- Phone
- Purse/wallet

Give each team a rucksack. Set out all the items together at one end of the hall, making sure there are enough of each item, one per team. Muddle them up. Add in a selection of inappropriate items too. The players take turns to run to the end of the hall and choose an item to put in their team rucksack. At the end they score one point per correct item and minus one for something they don't need.

If setting up a relay race where the girls choose items to pack, include some inappropriate items in the game:

- | | |
|----------------------|-------------------------|
| • Umbrella | • Cuddly toy |
| • Rope | • Calculator |
| • Flip flops | • Deodorant |
| • Heavy notebook | • Handbag |
| • Travel pillow | • Hardback nature guide |
| • Ipad | • Baked beans |
| • Perfume/body spray | • Travel game/cards |
| • Electronic game | |



Section 1: Skills

Make a compass

What you need:

- Plain metal paperclip
- Marker pen or tape
- Strong magnet
- Plastic bottle screwcap
- Blue tack or playdough
- Bowl of water

Instructions:

1. Unbend the metal paperclip and mark it at one end with tape or marker pen
2. Using the north end of a strong magnet, stroke the paperclip from the unmarked end towards the marked end, 30 times
3. Fill the bottle cap with bluetack, playdough or similar and stick your magnetised paperclip flat across it
4. Float your bottle cap in a bowl of water and it should point North

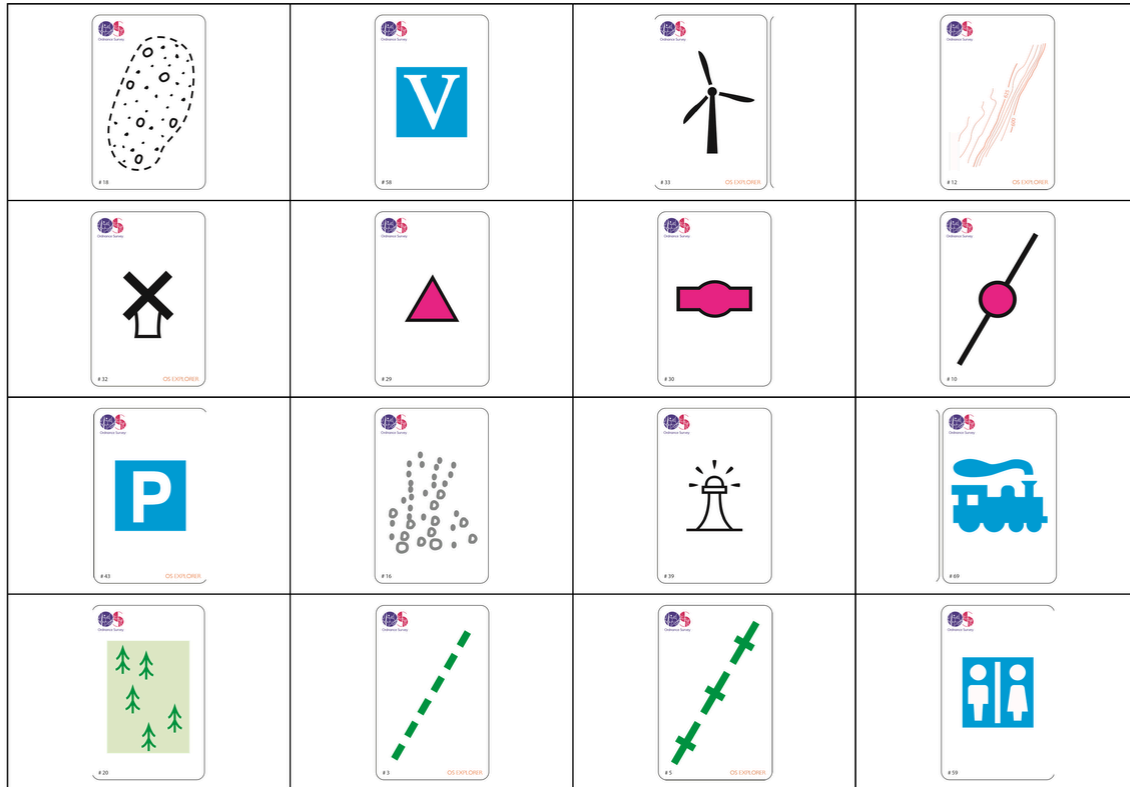
Never, Eat, Shredded, Wheat

1. Start just with the four cardinal points, North, South, East and West.
2. Write them on sheets of paper and attach these to the corners of a room so that each one corresponds to the actual direction.
3. Leader calls one out, eg North and girls run to the north.
4. Leader calls out another one eg East and girls run to the east.
5. Make it harder once girls have got the hang of it by adding in North-east, South-east, North-west and South-west, or even use 16 cardinal points.

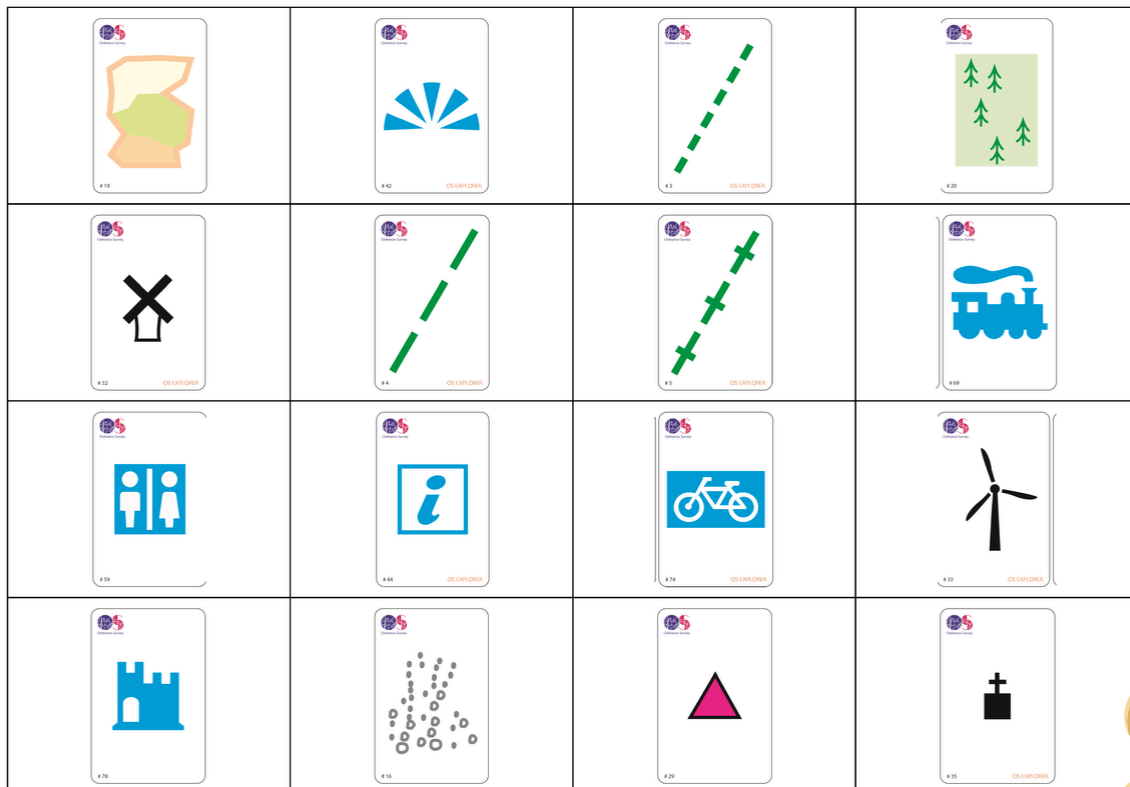


Section 1: Skills

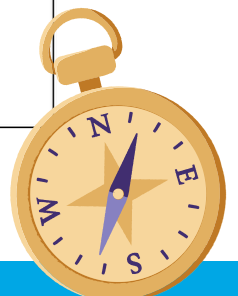
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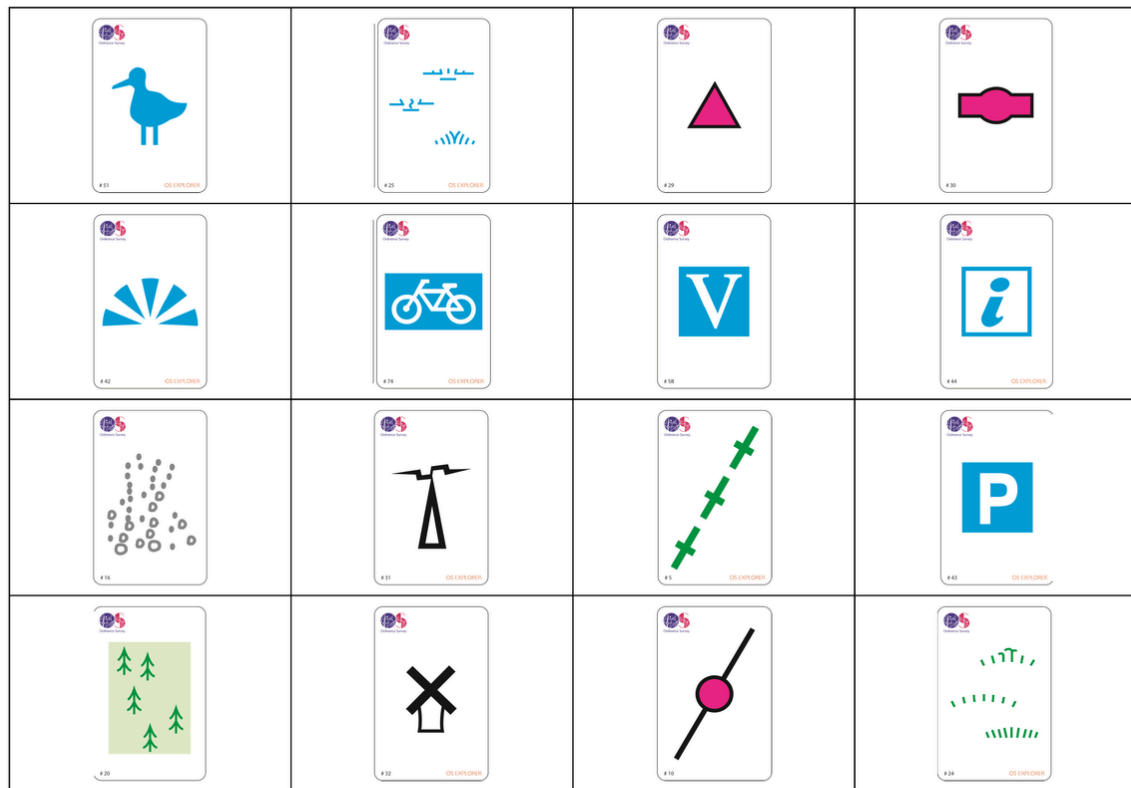
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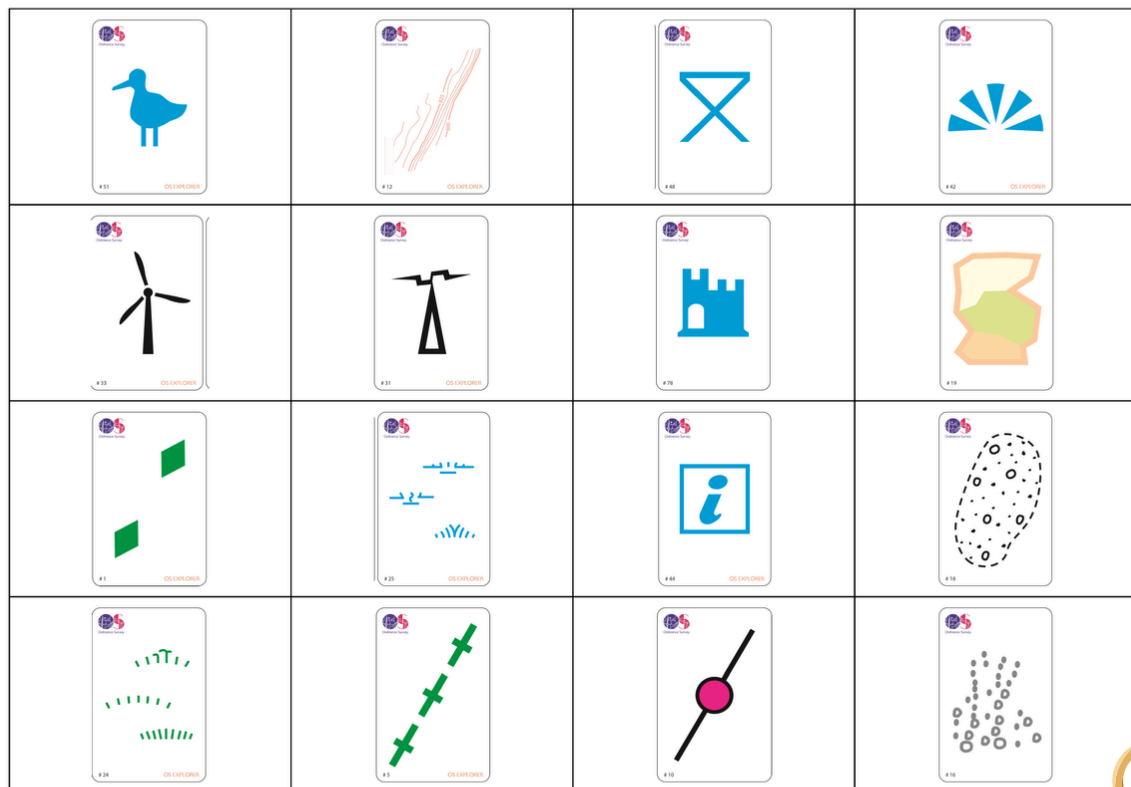
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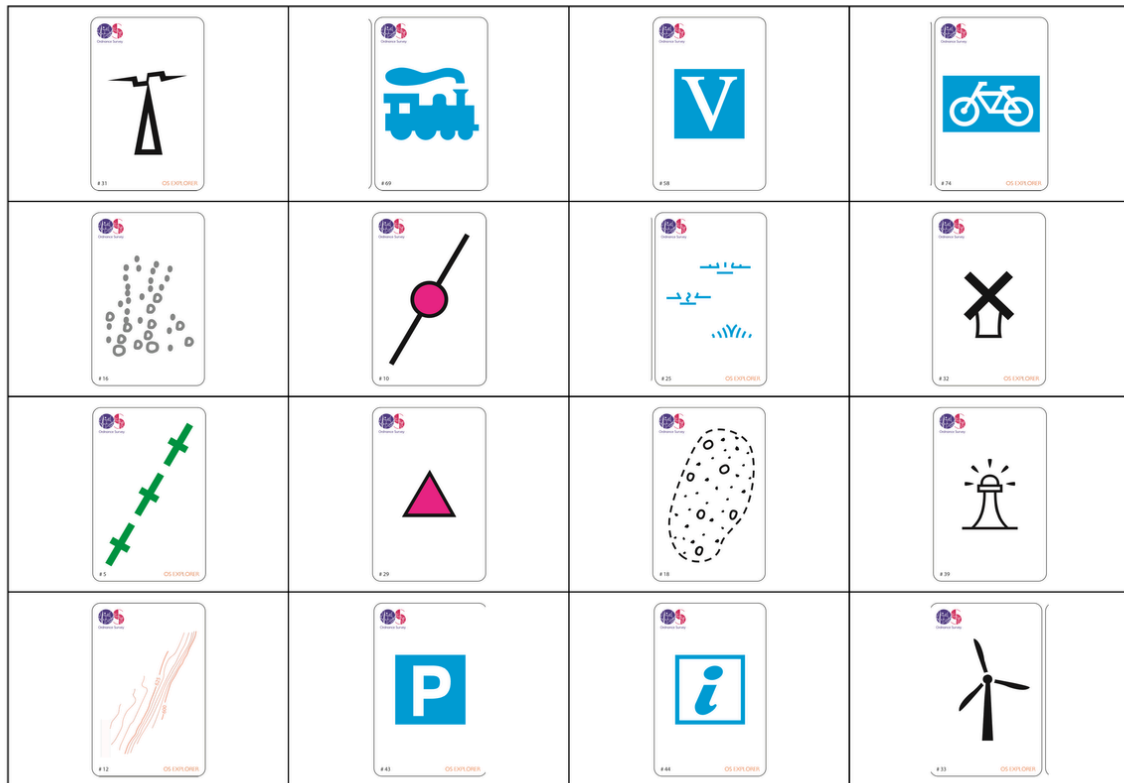
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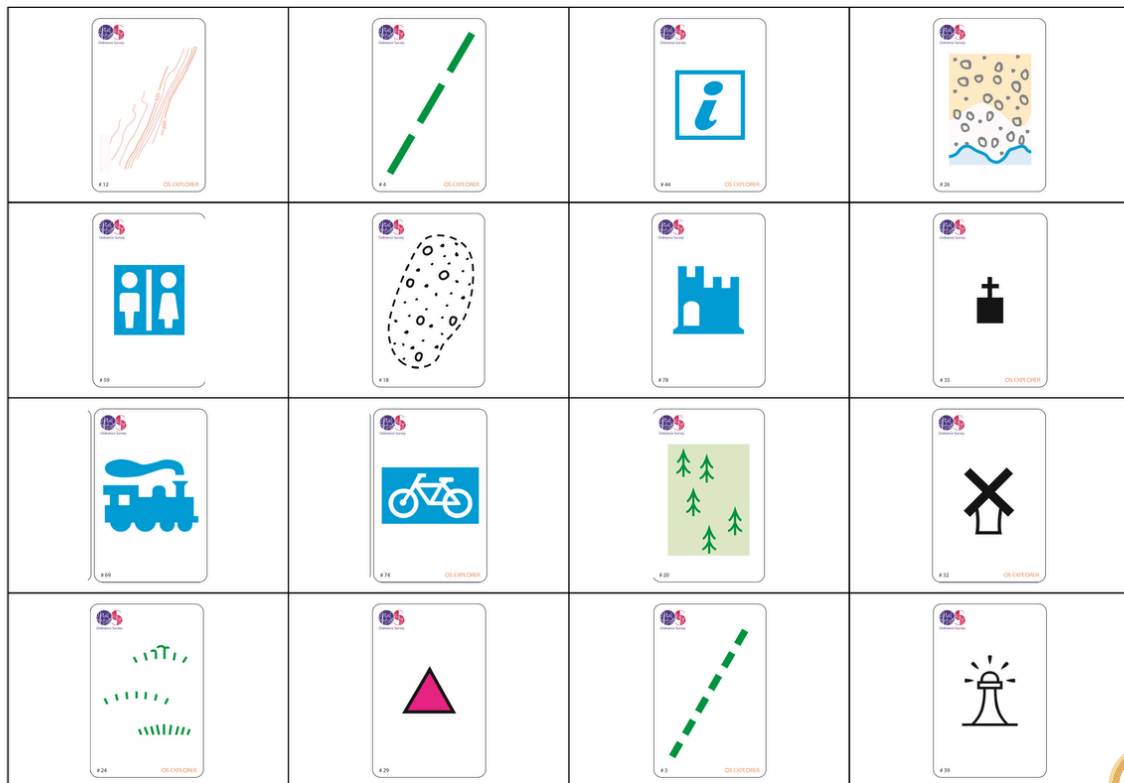
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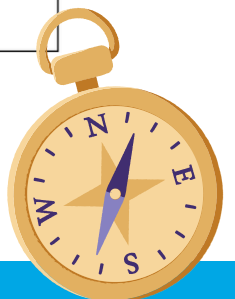
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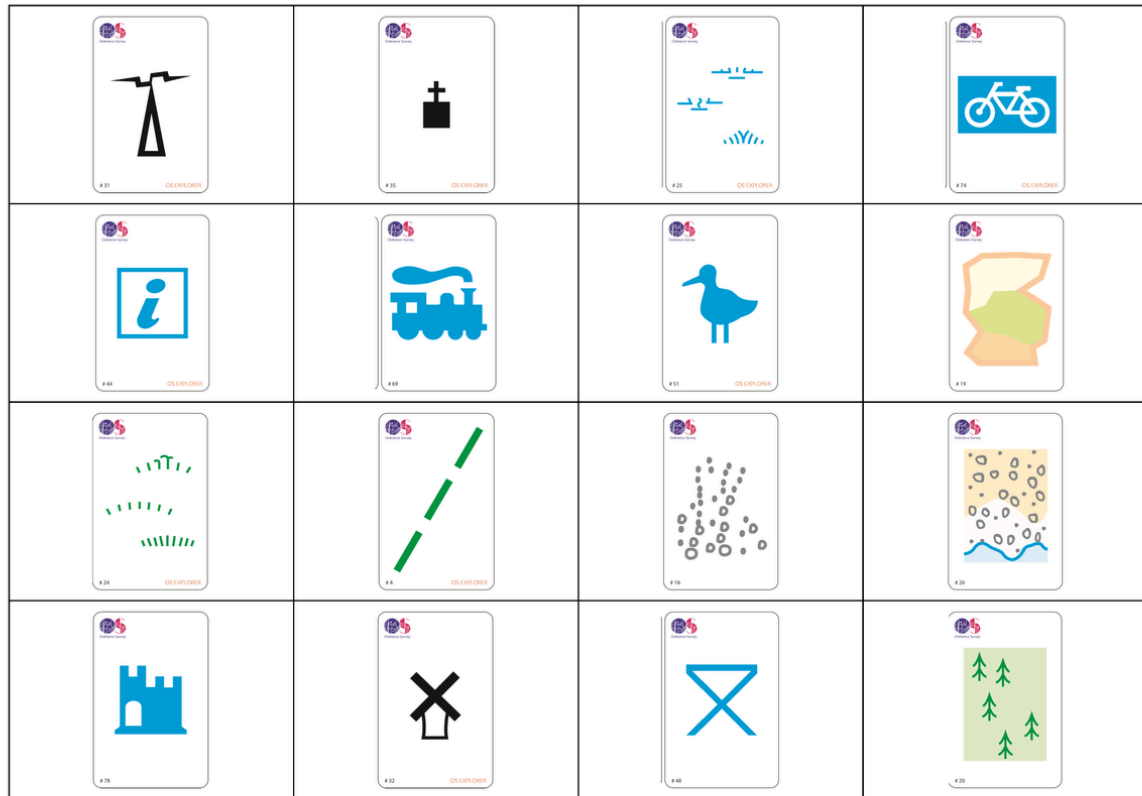
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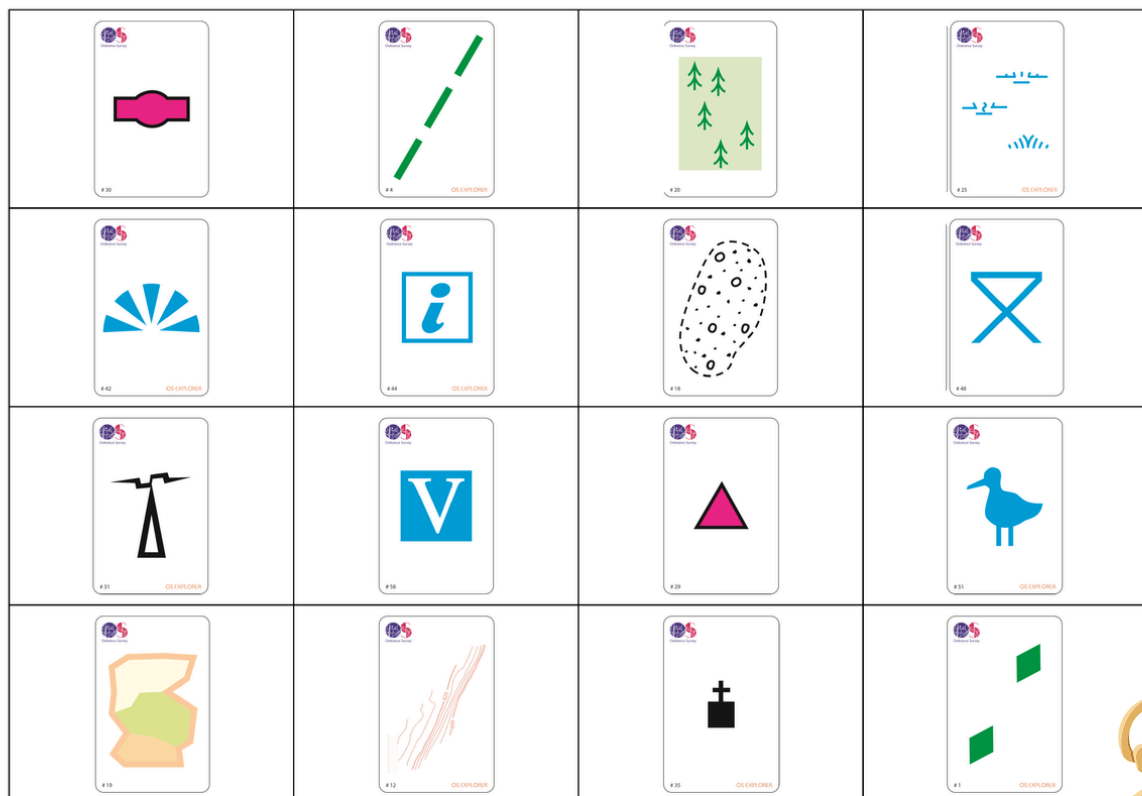
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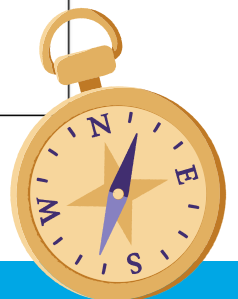
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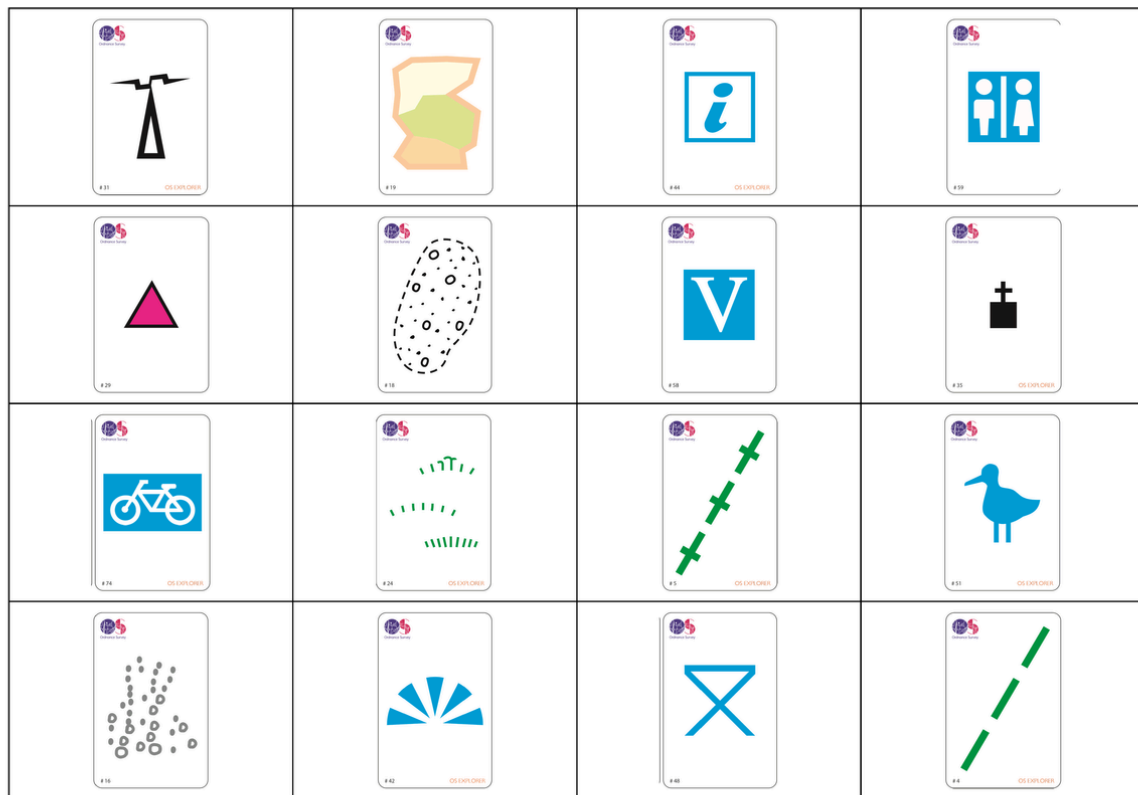
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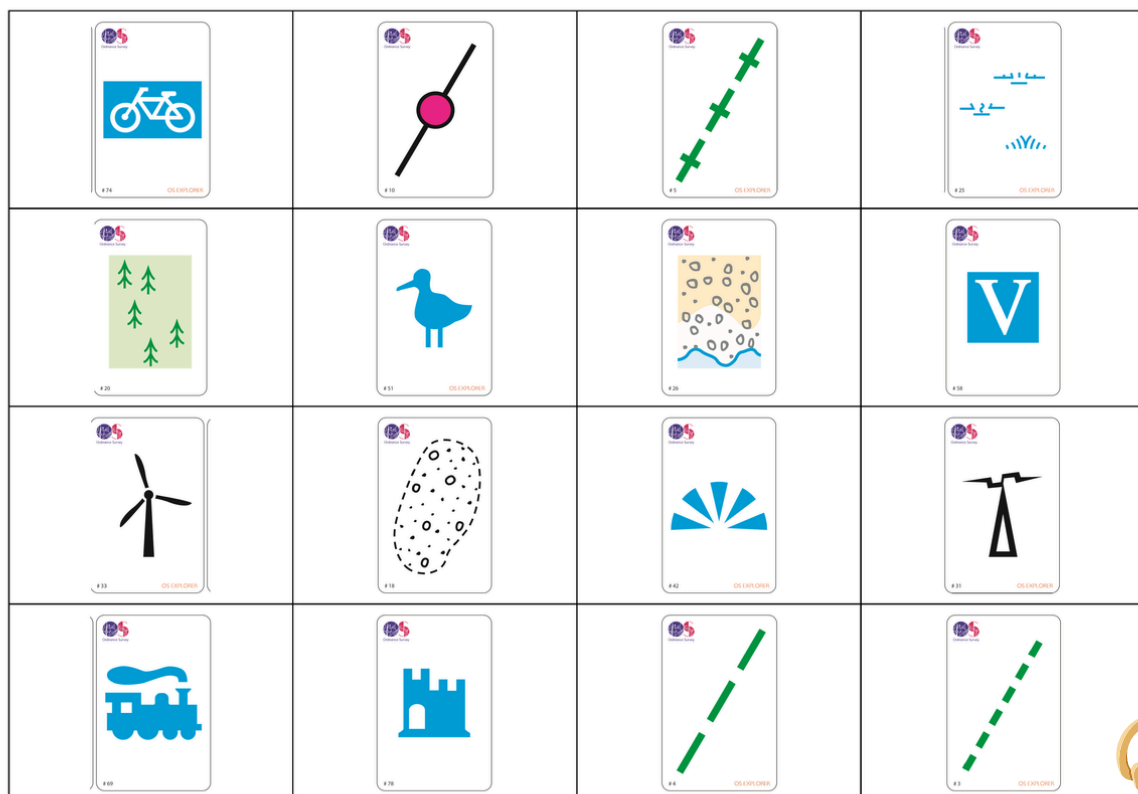
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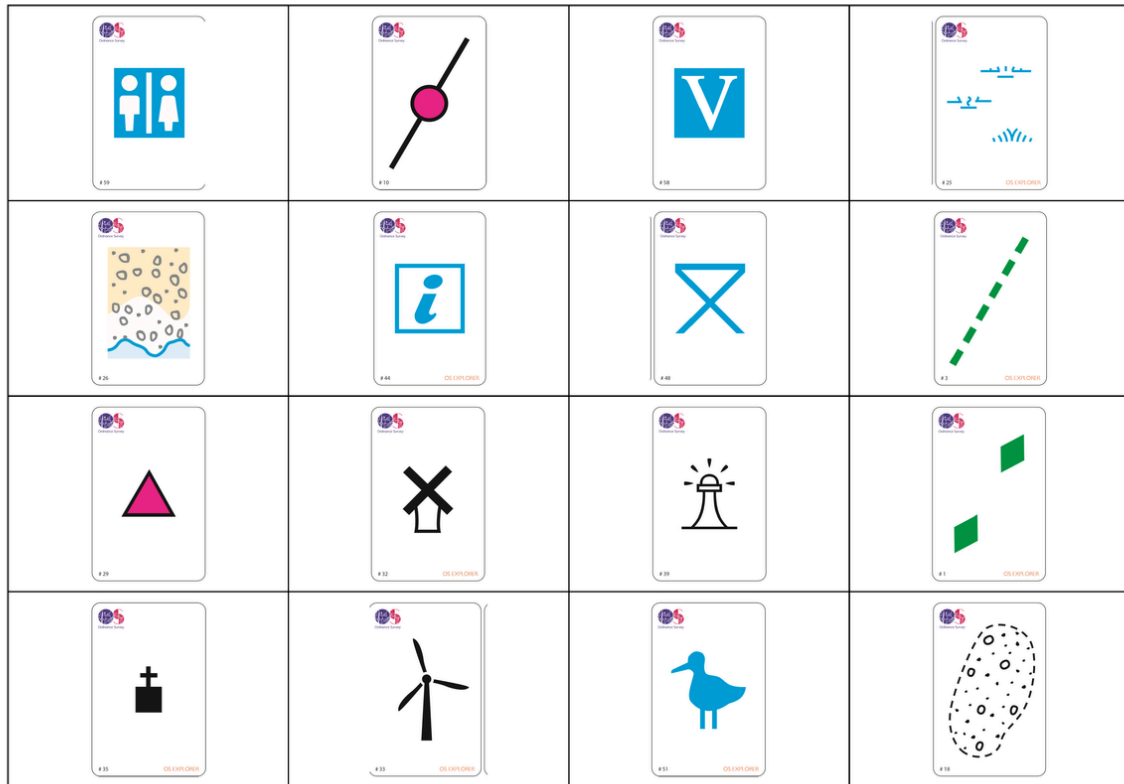
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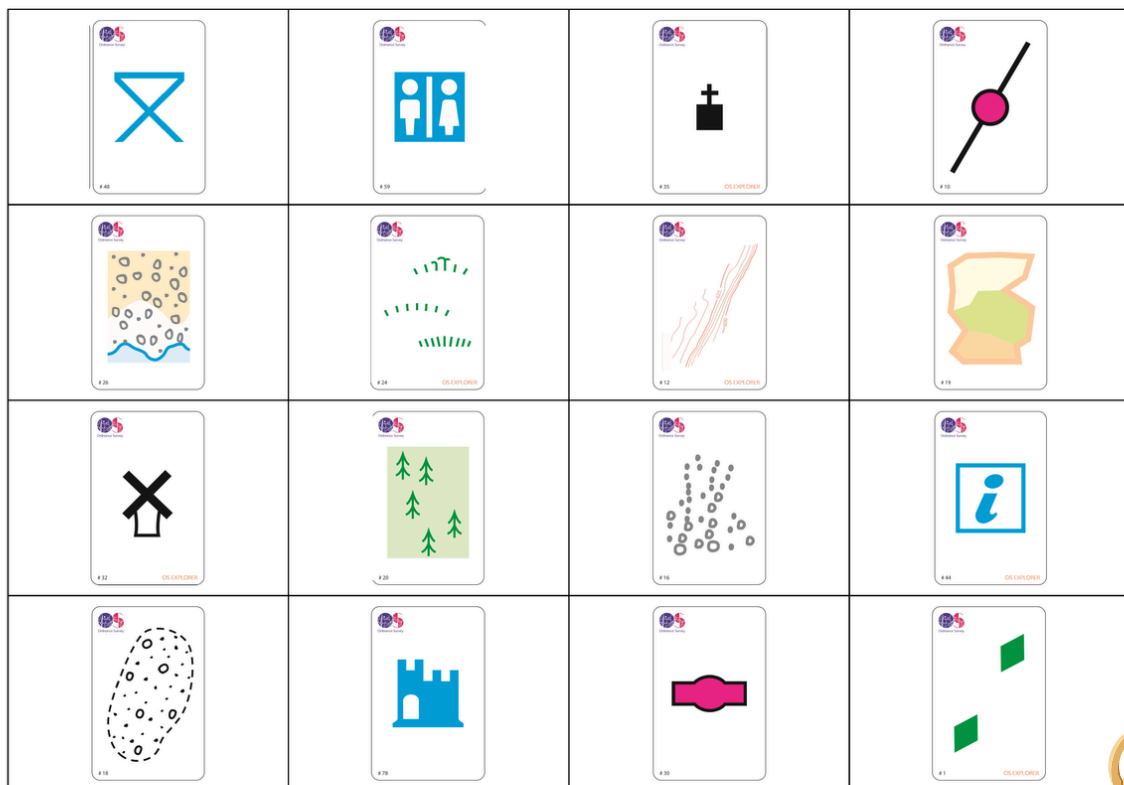
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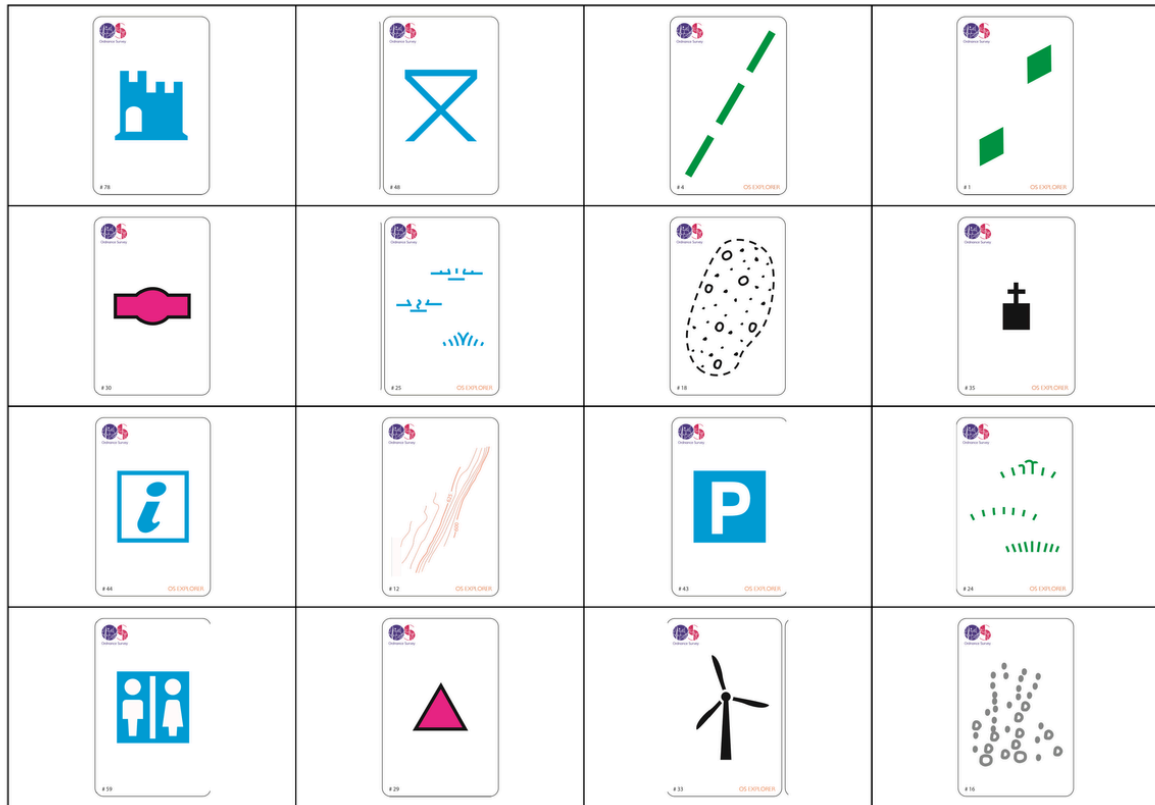
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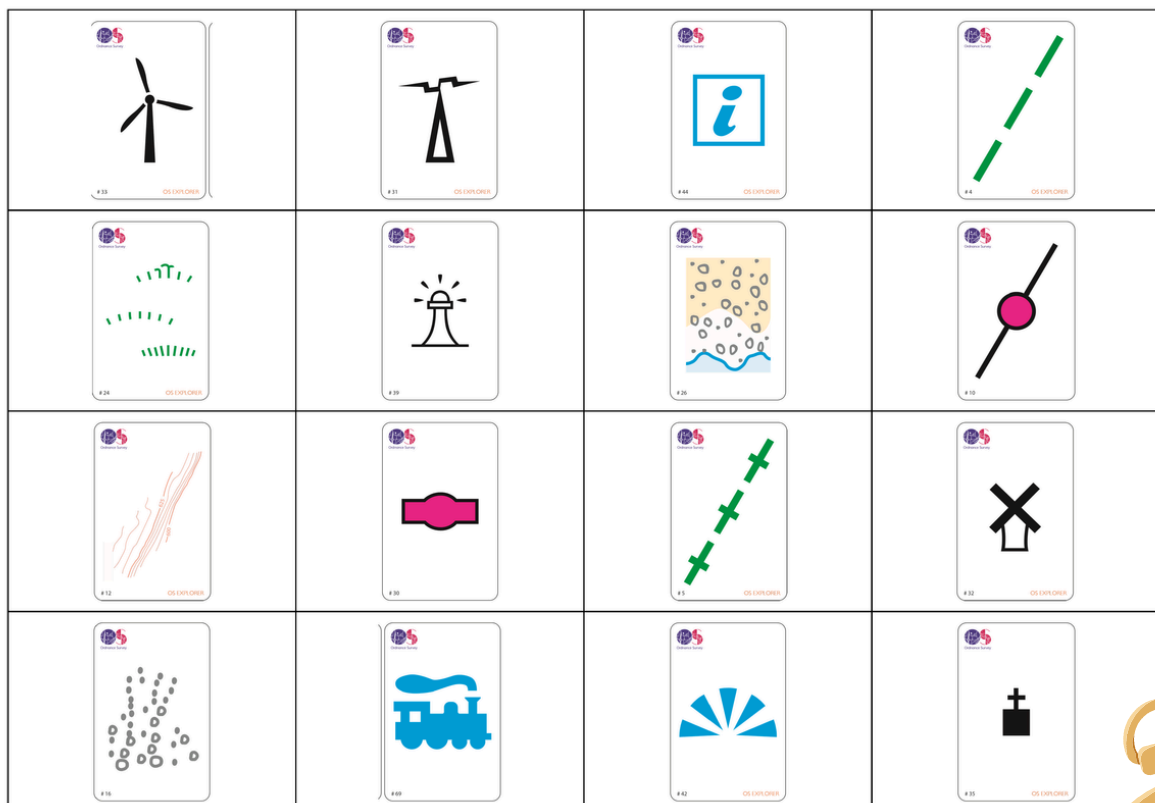
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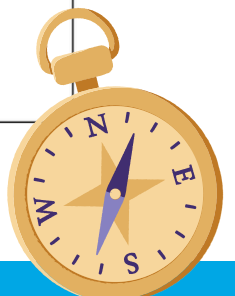
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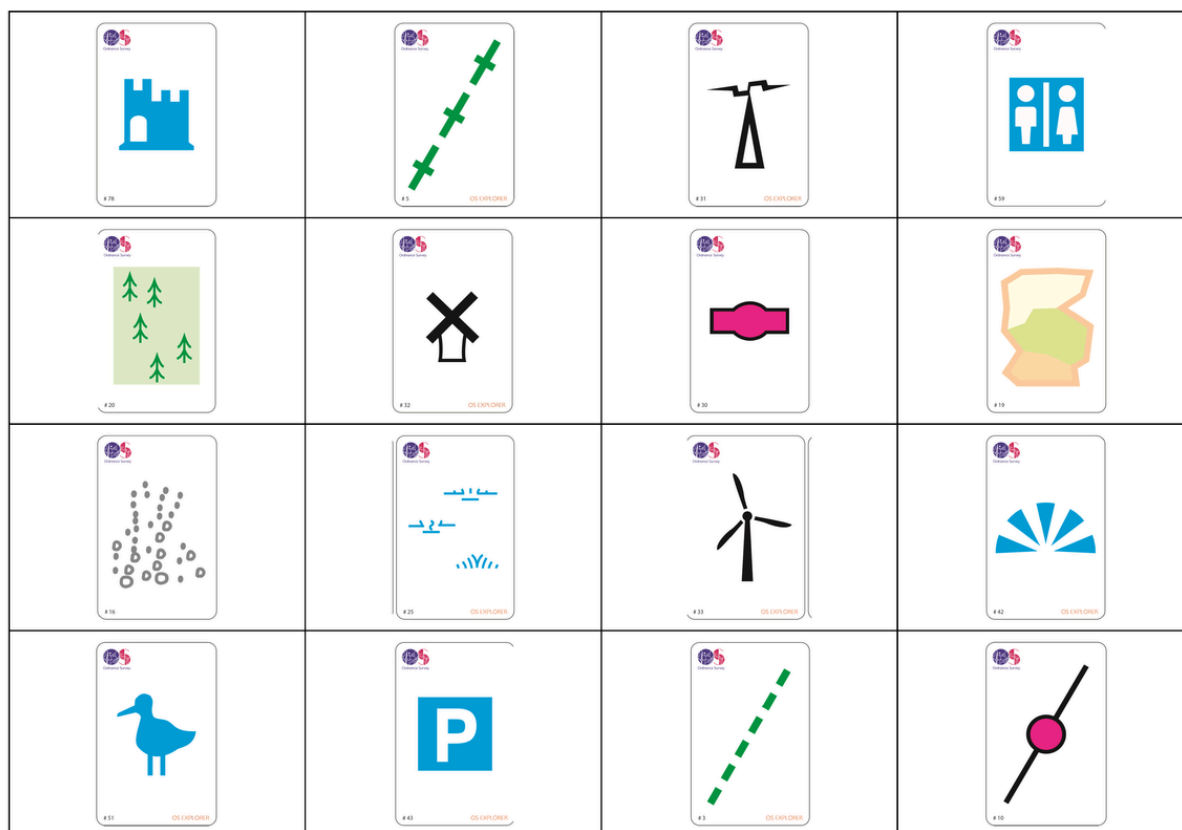
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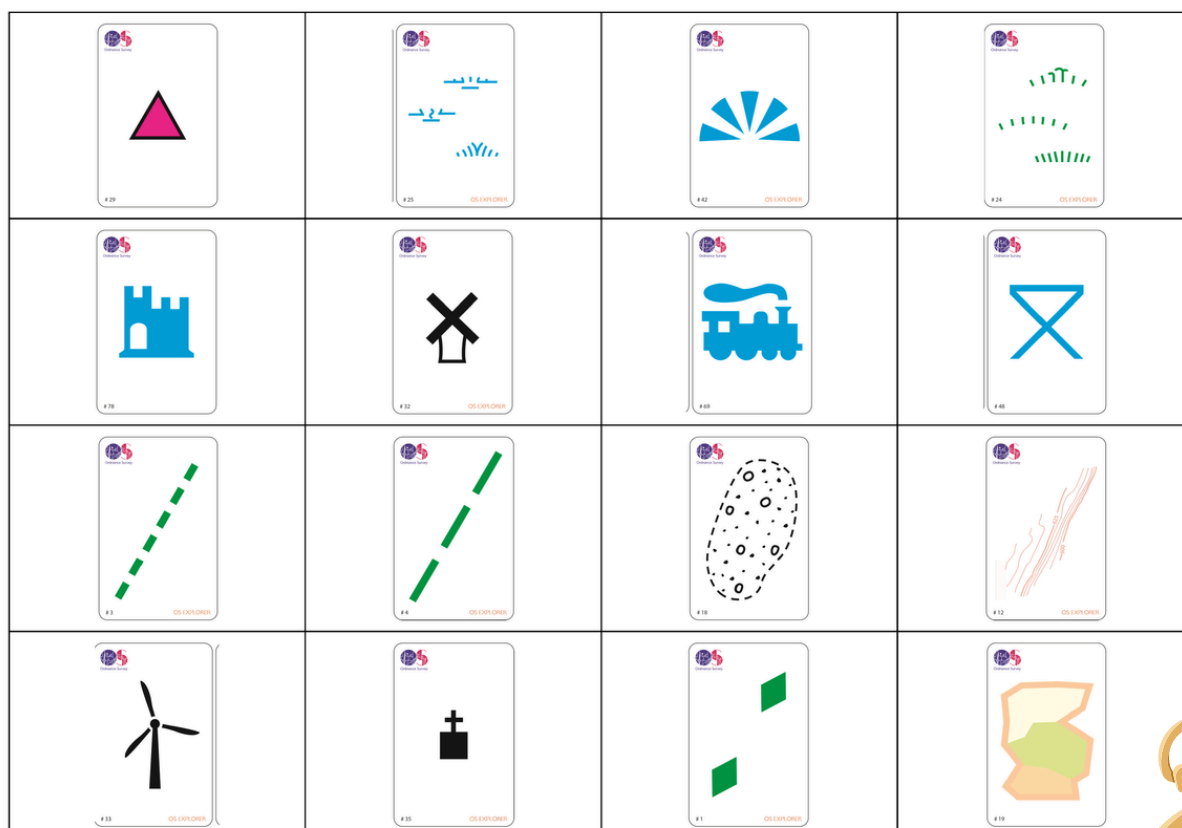
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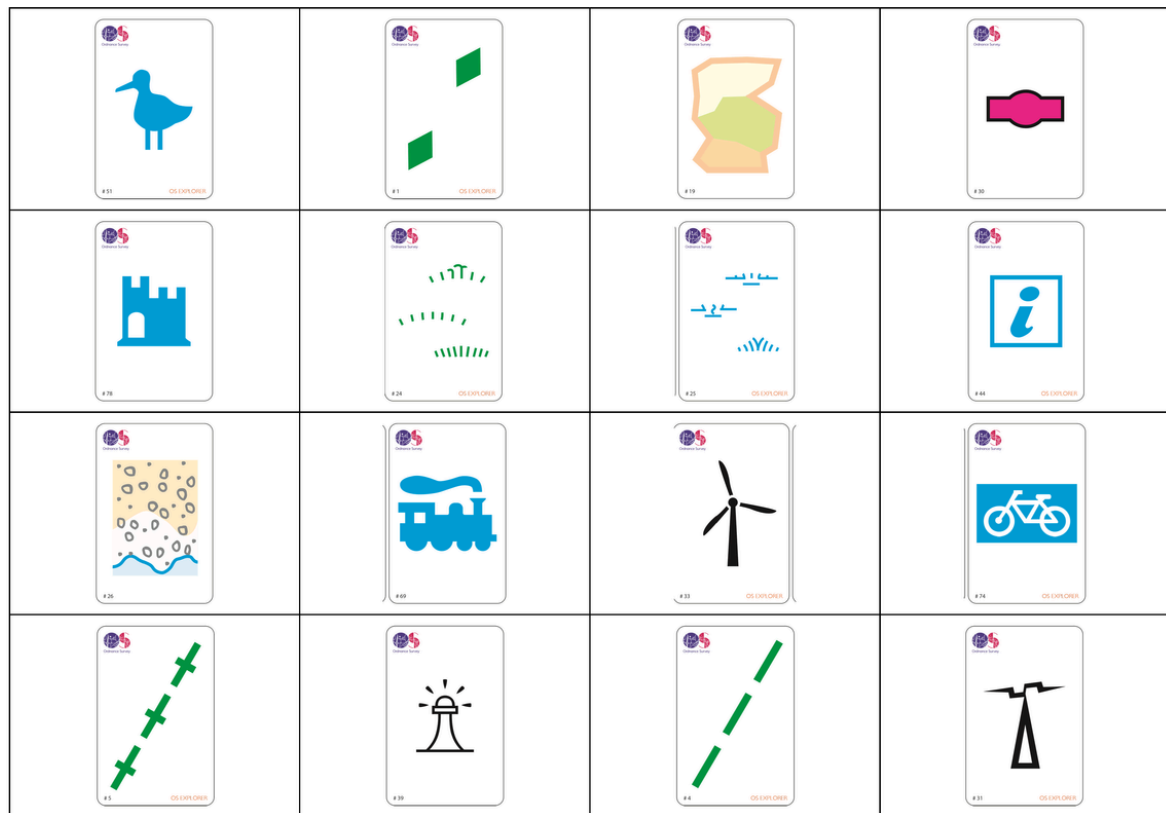
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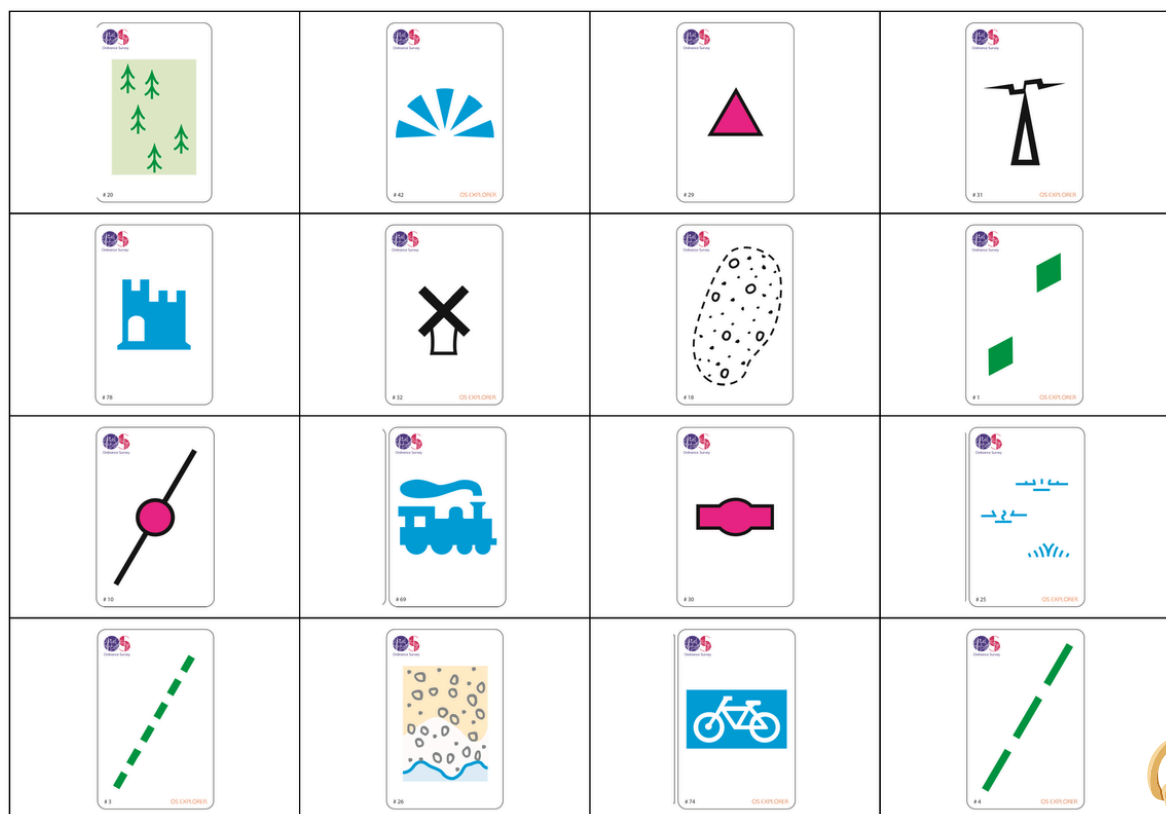
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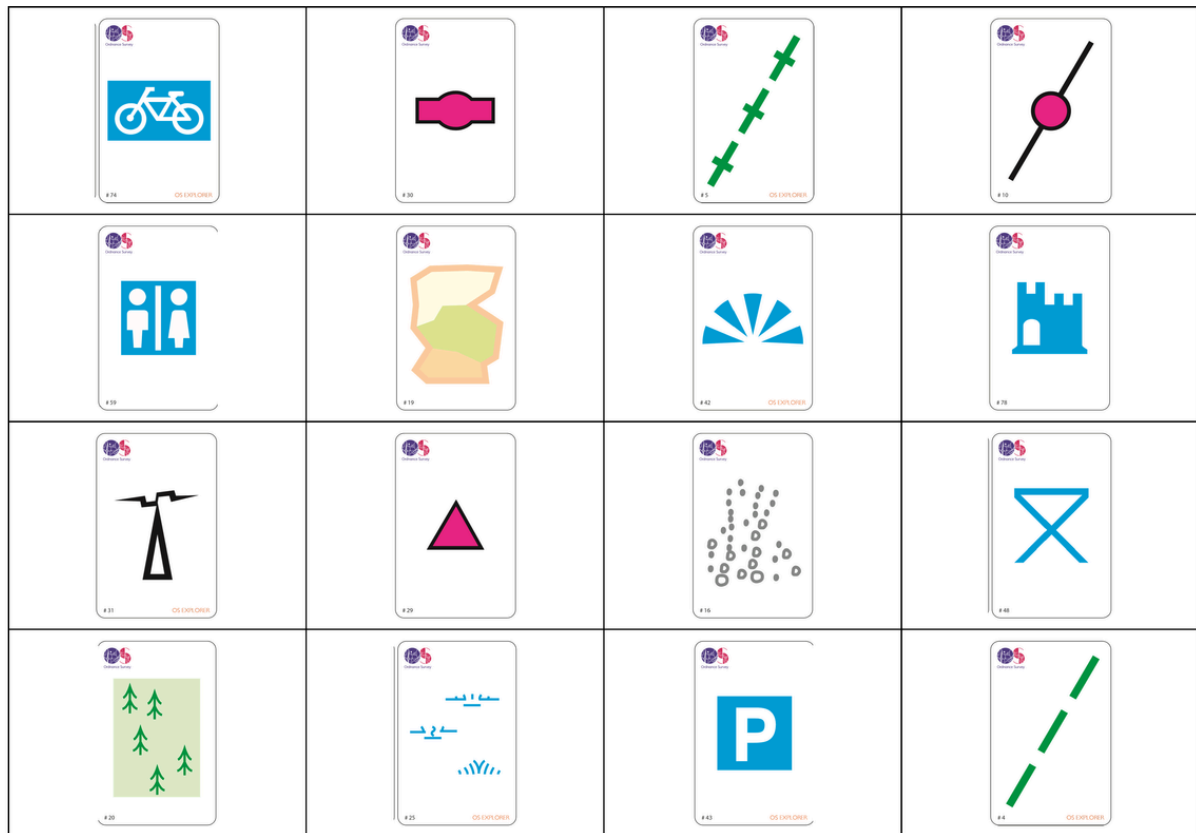
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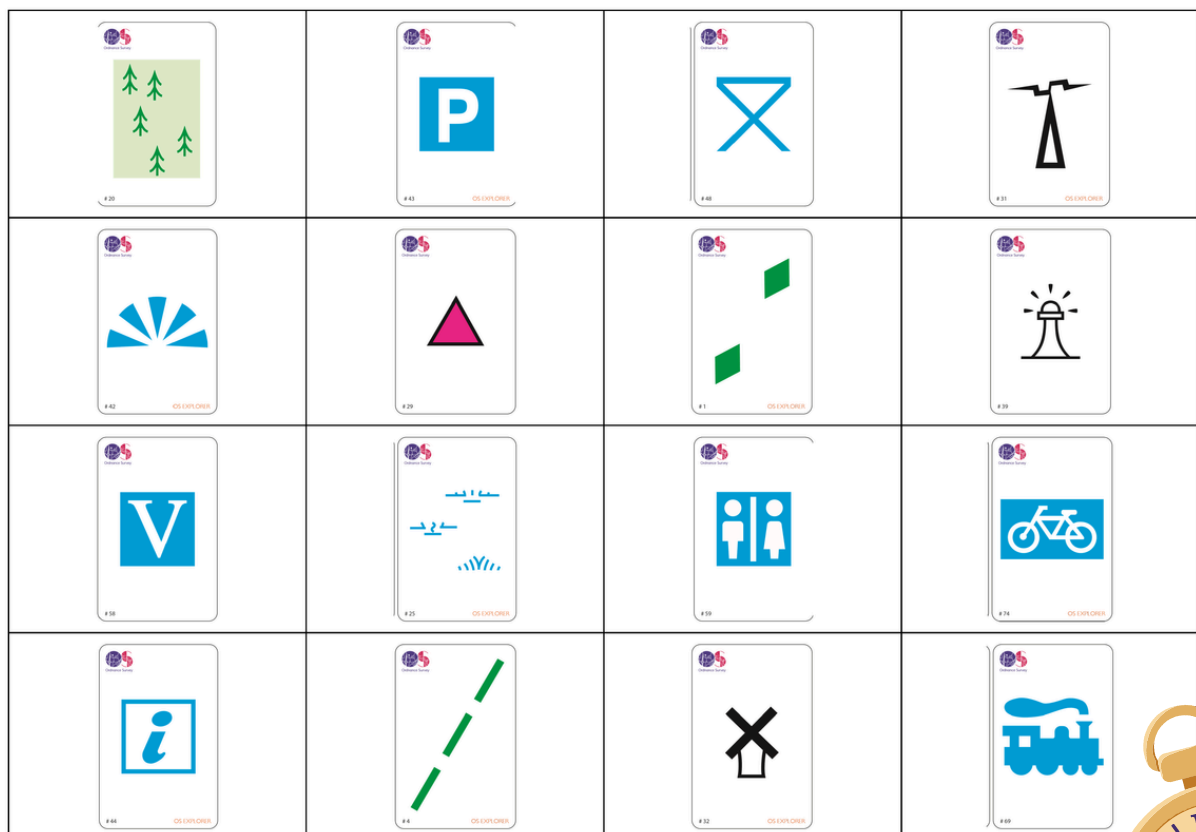
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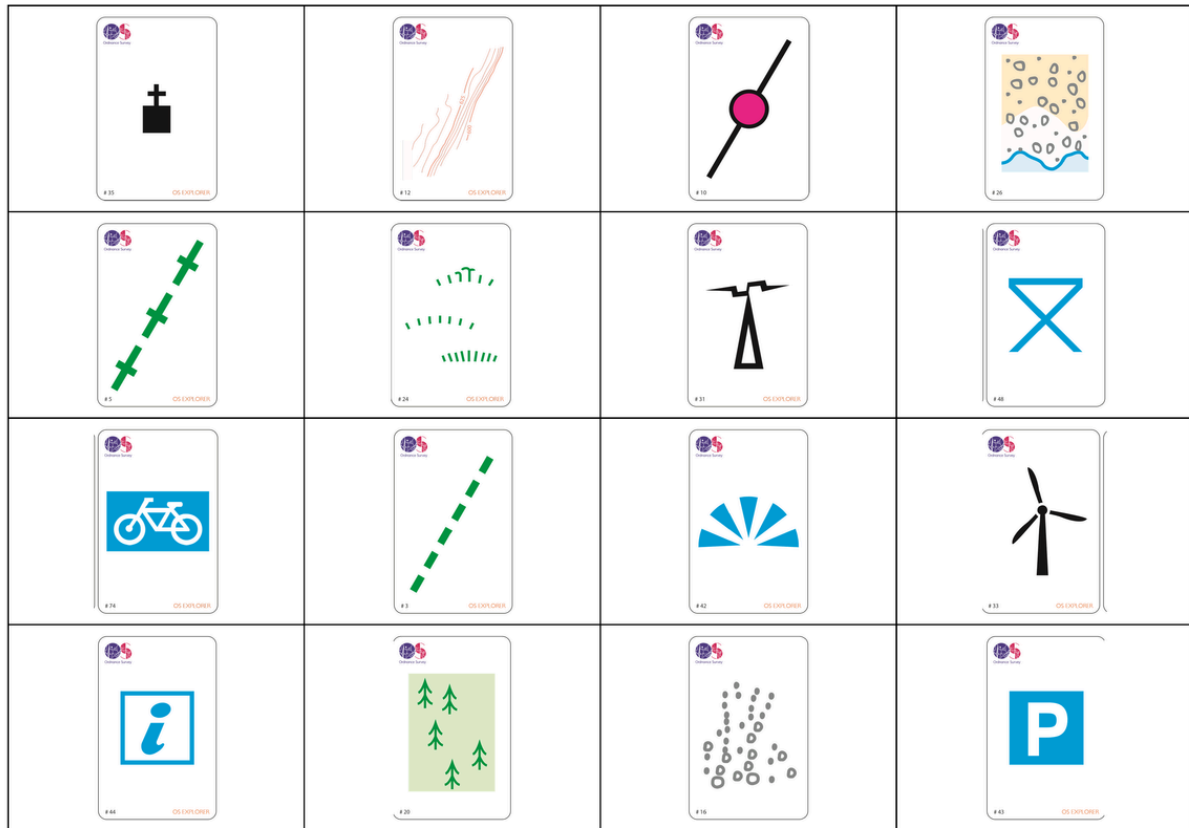
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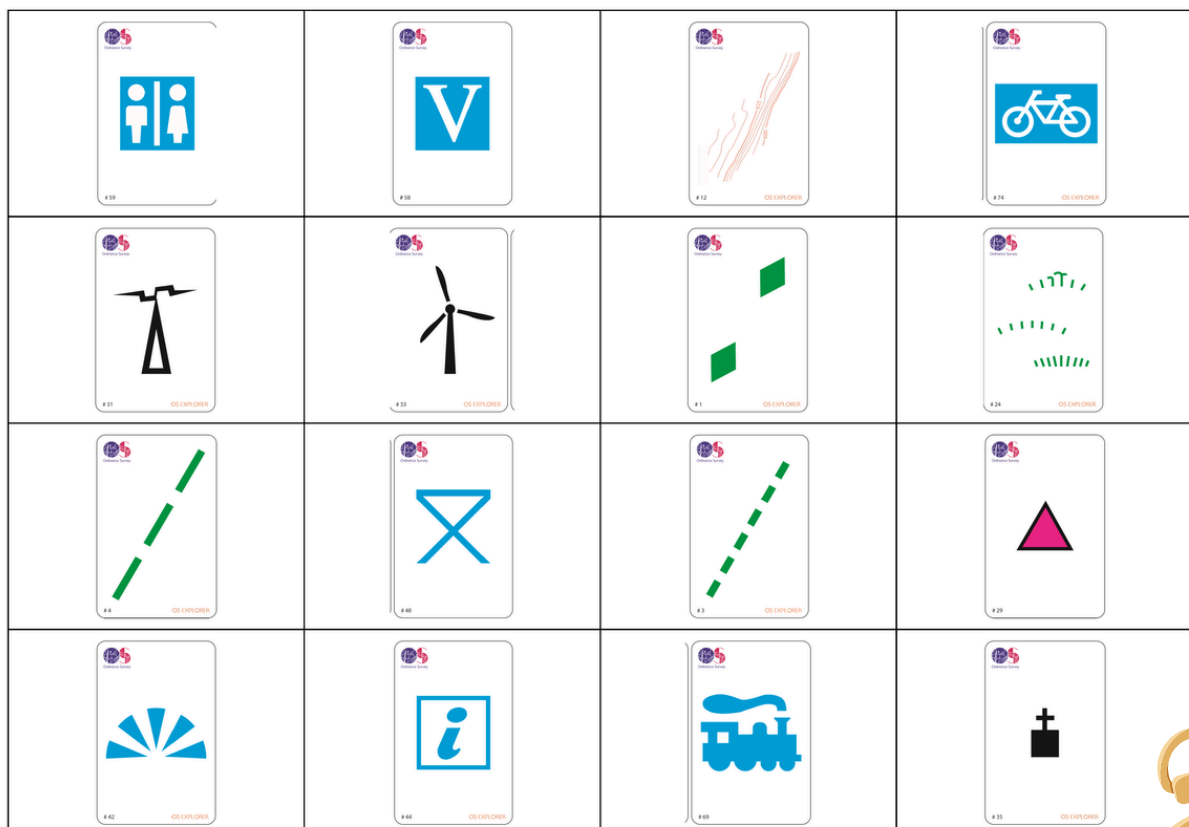
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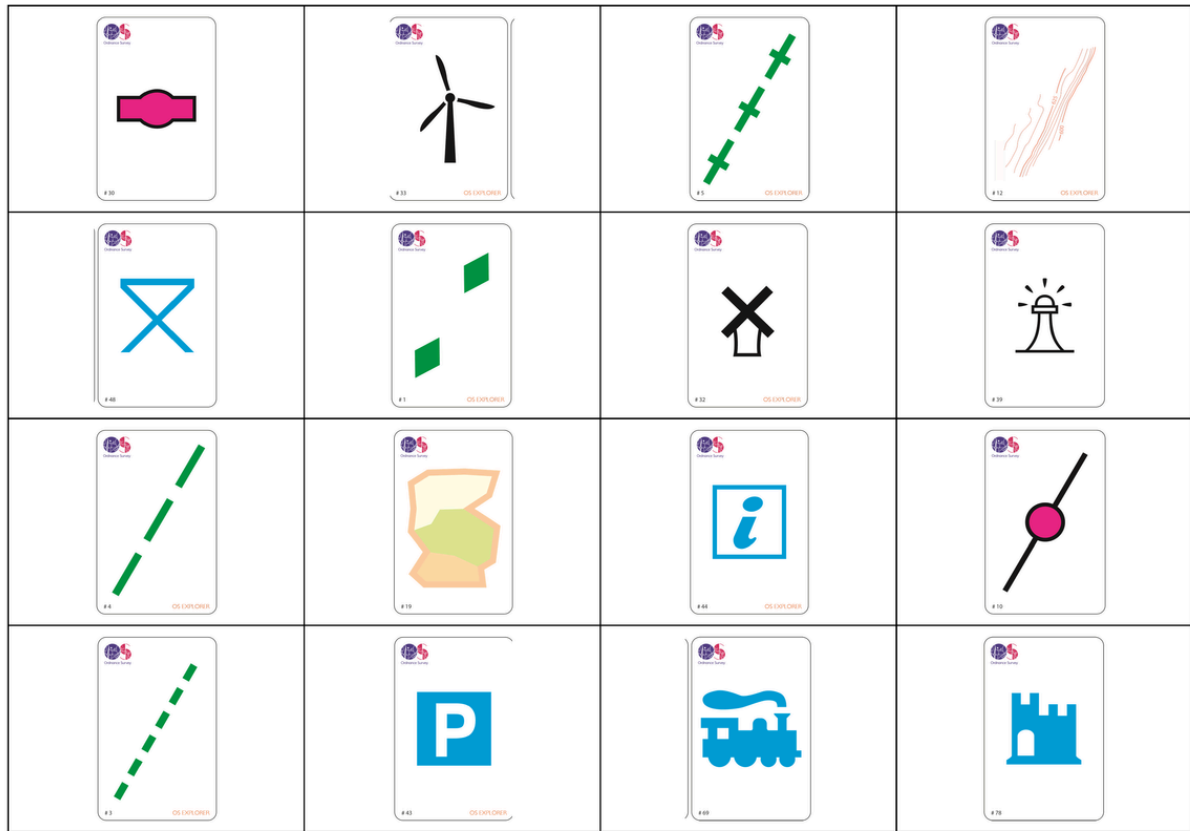
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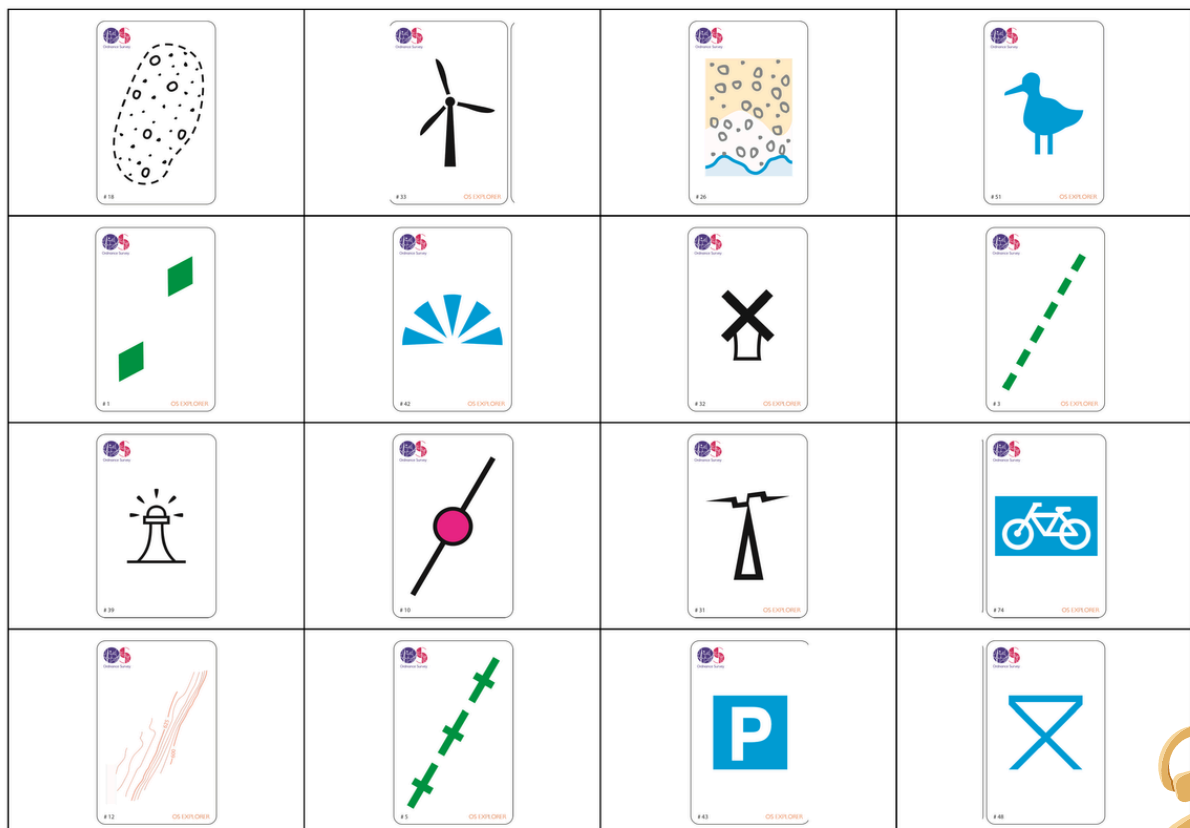
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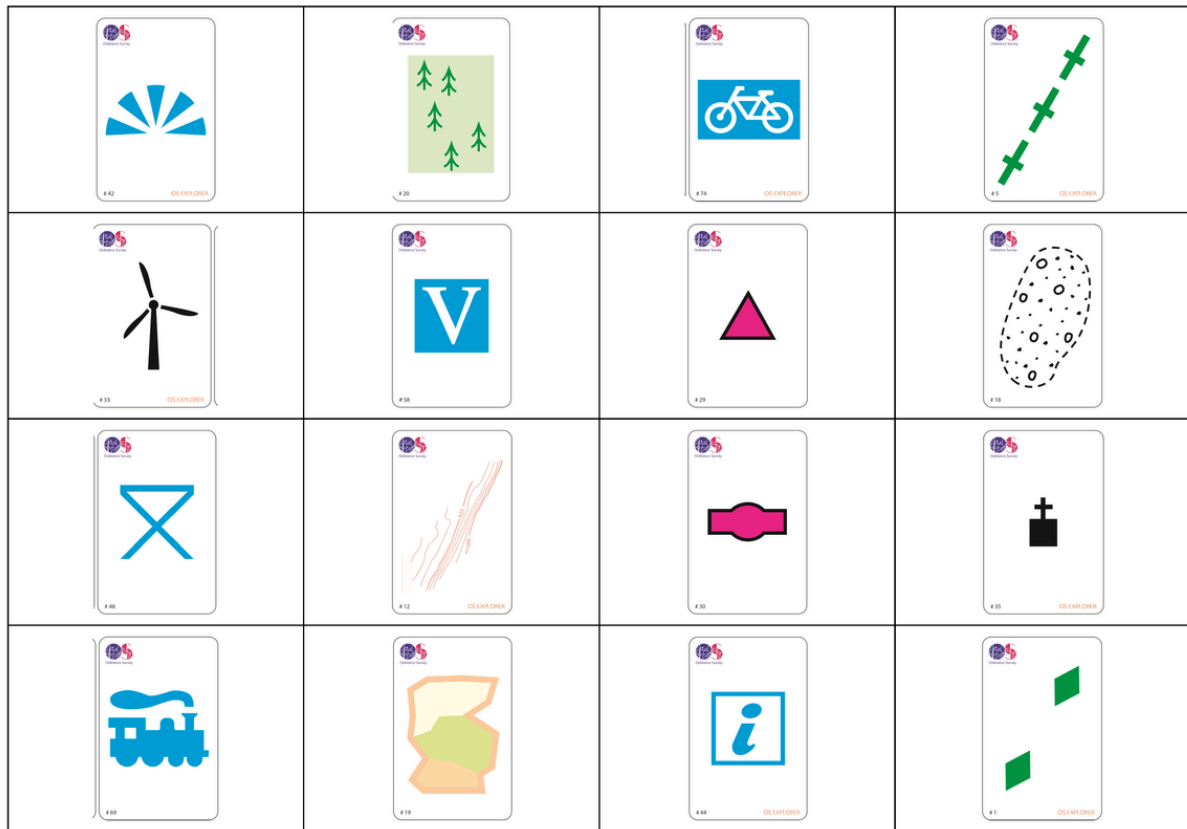
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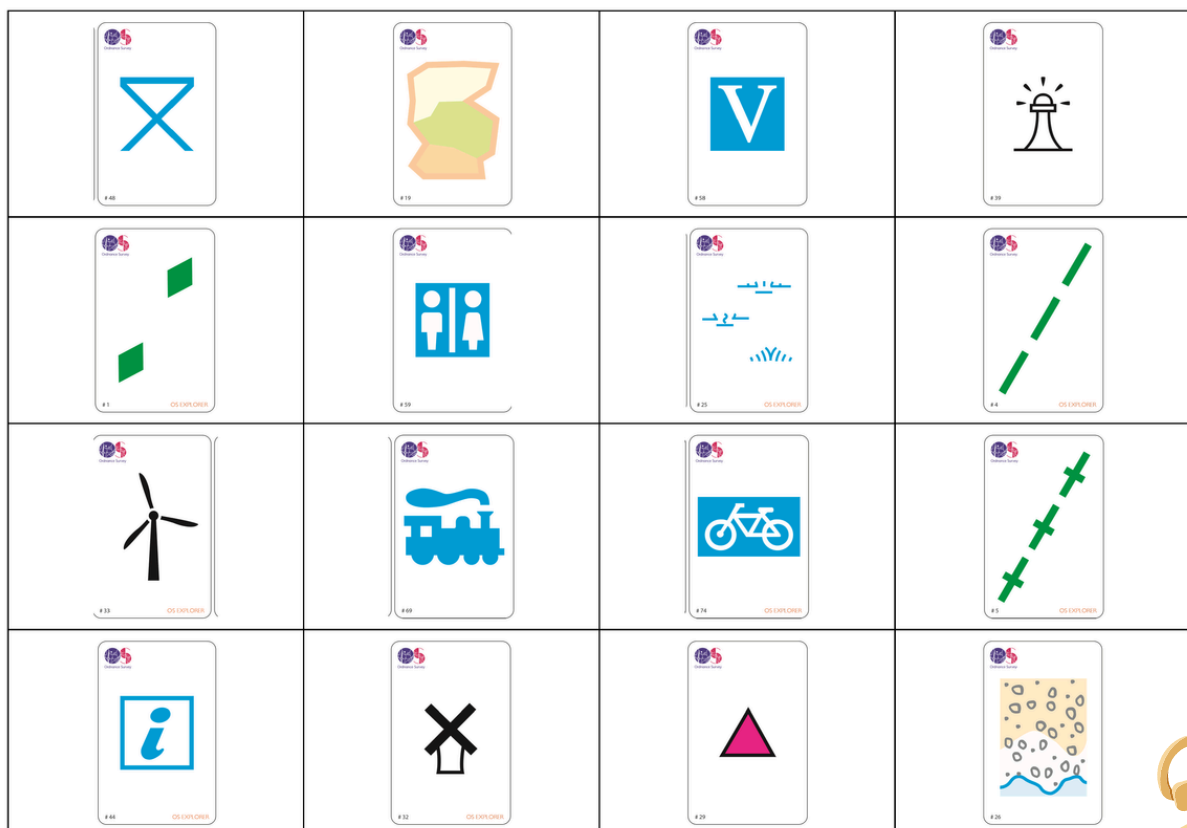
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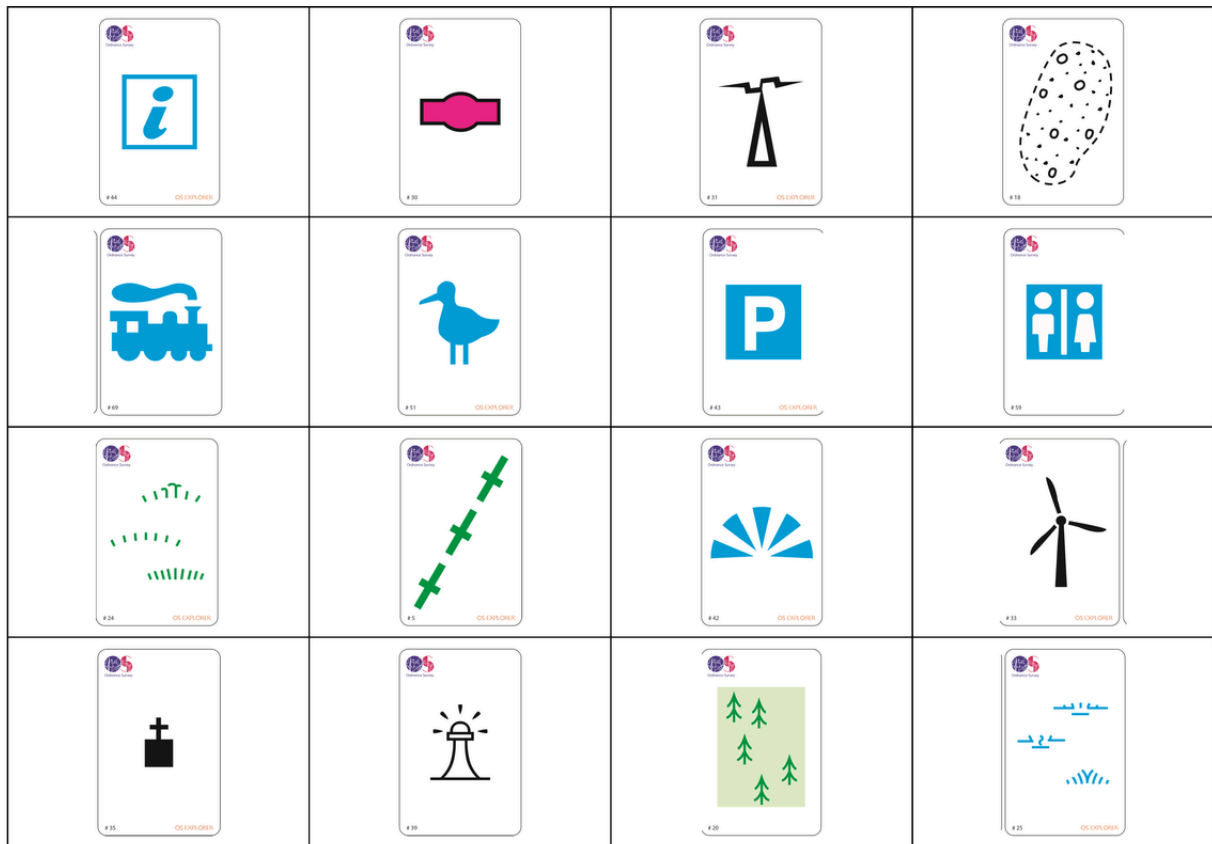
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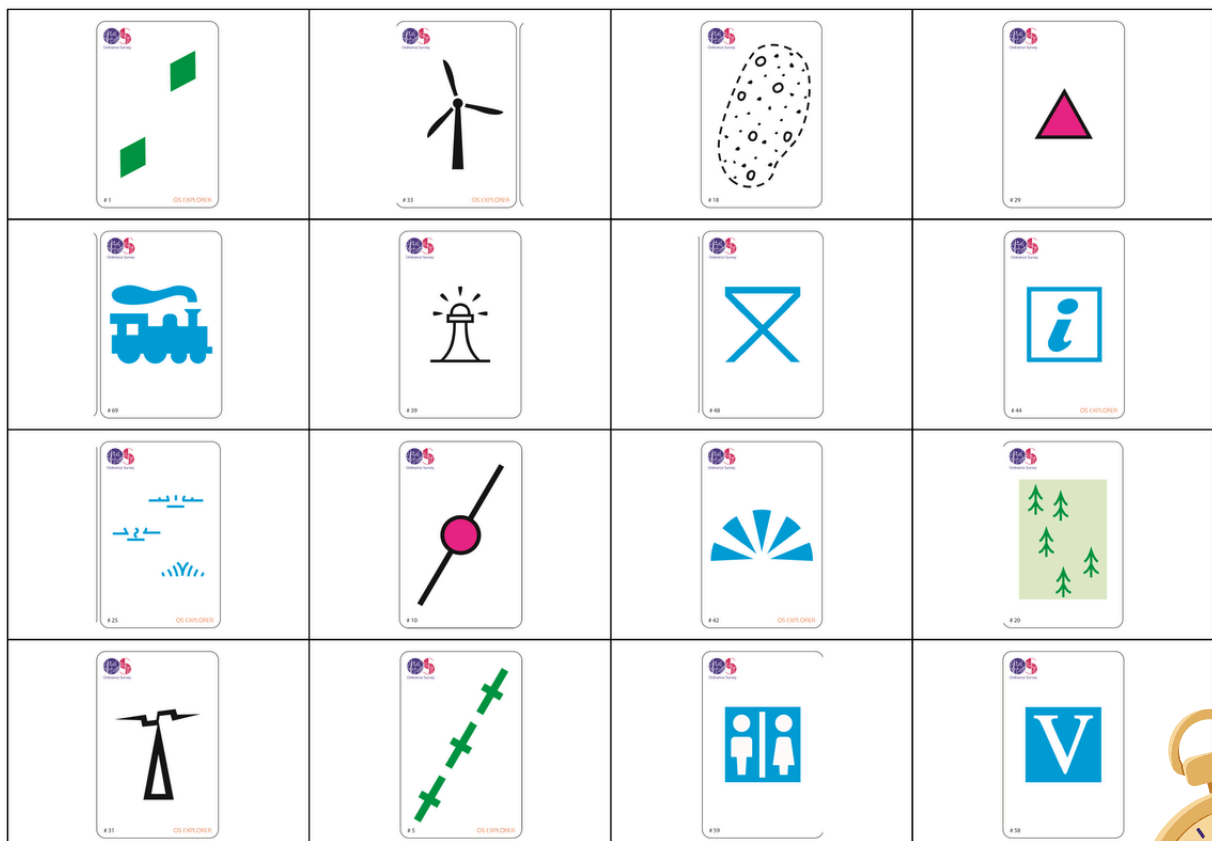
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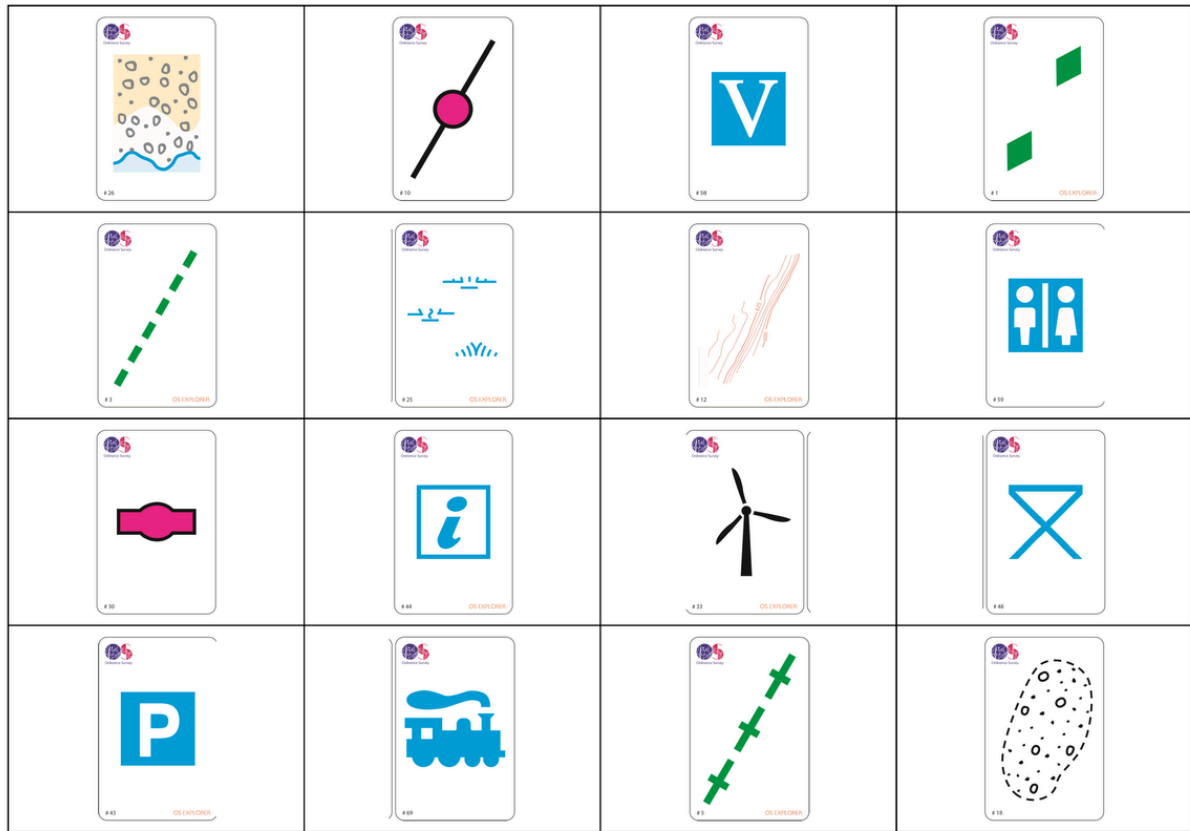
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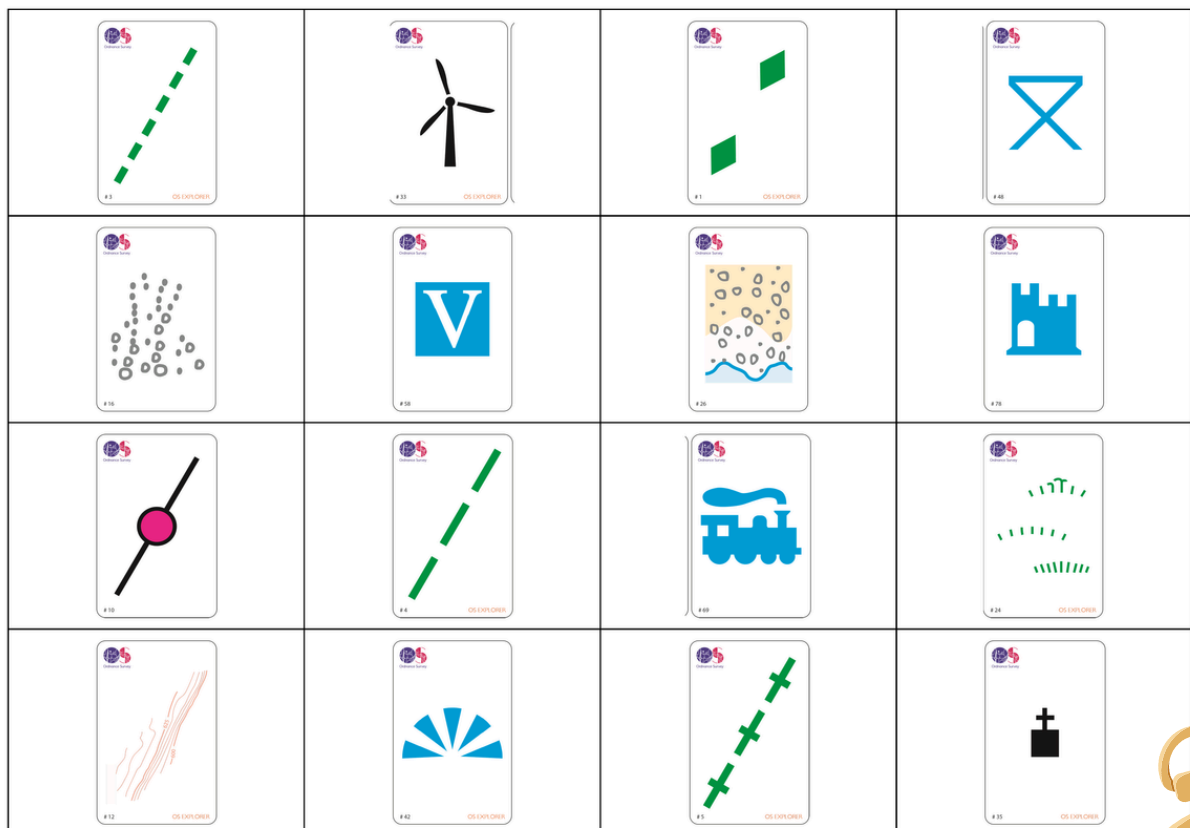
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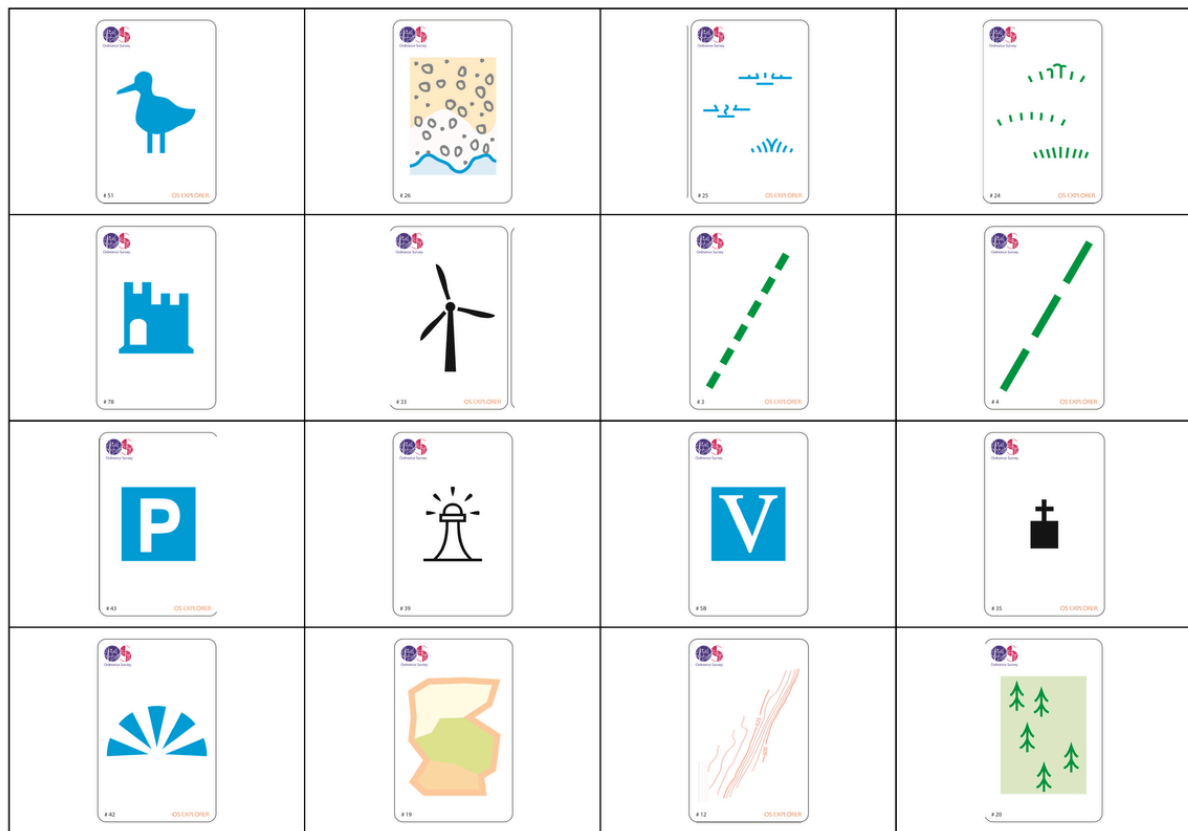
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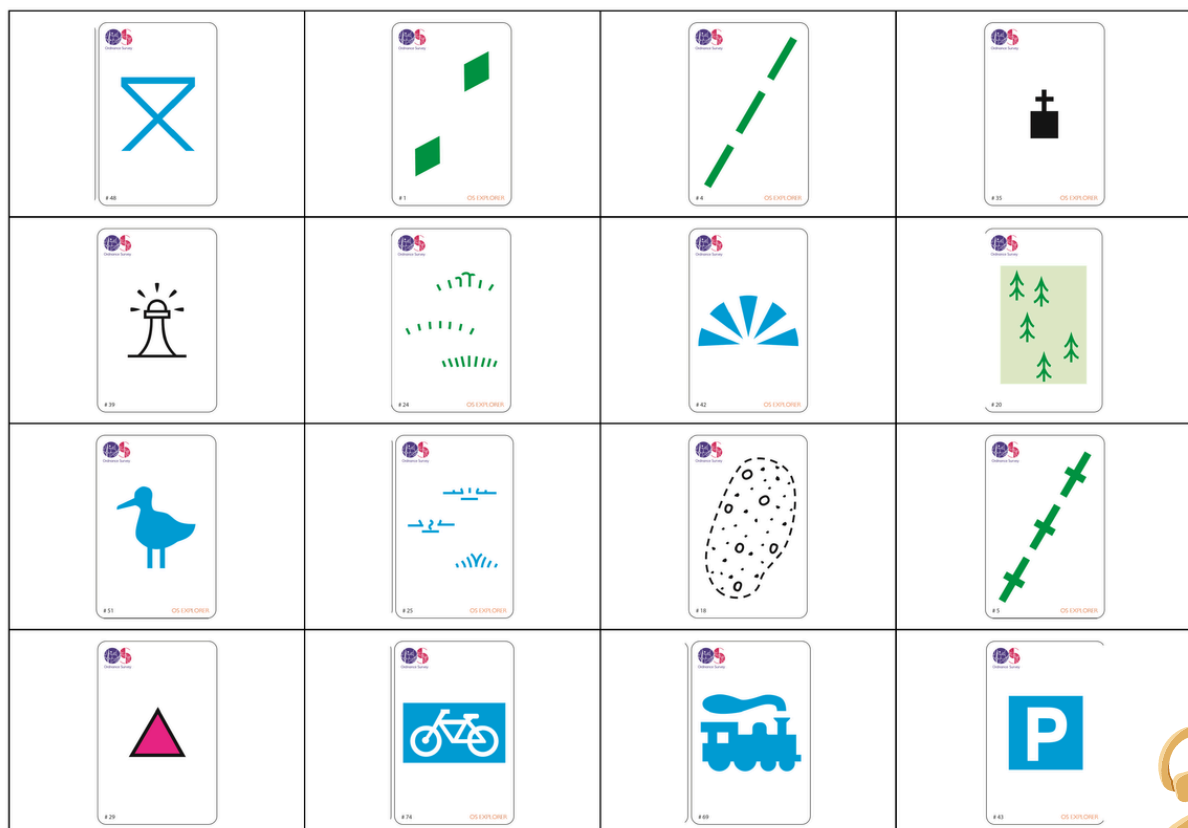
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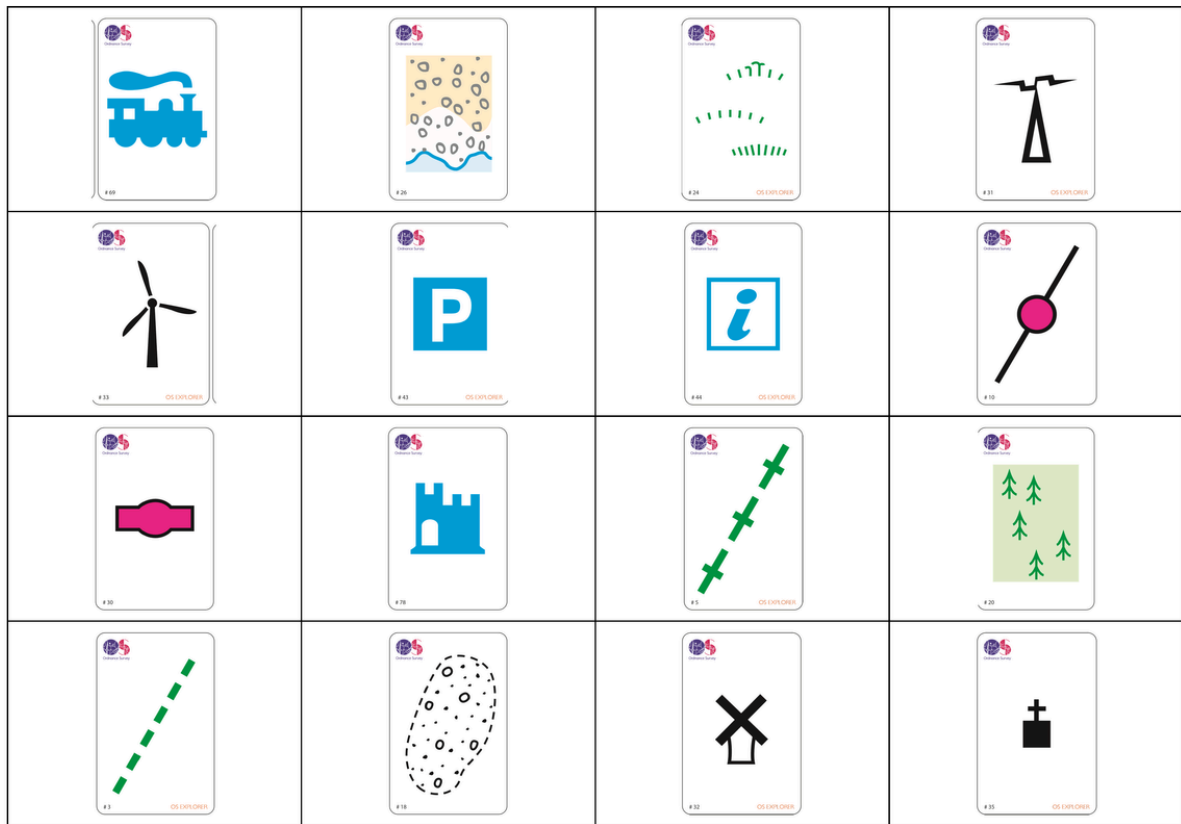
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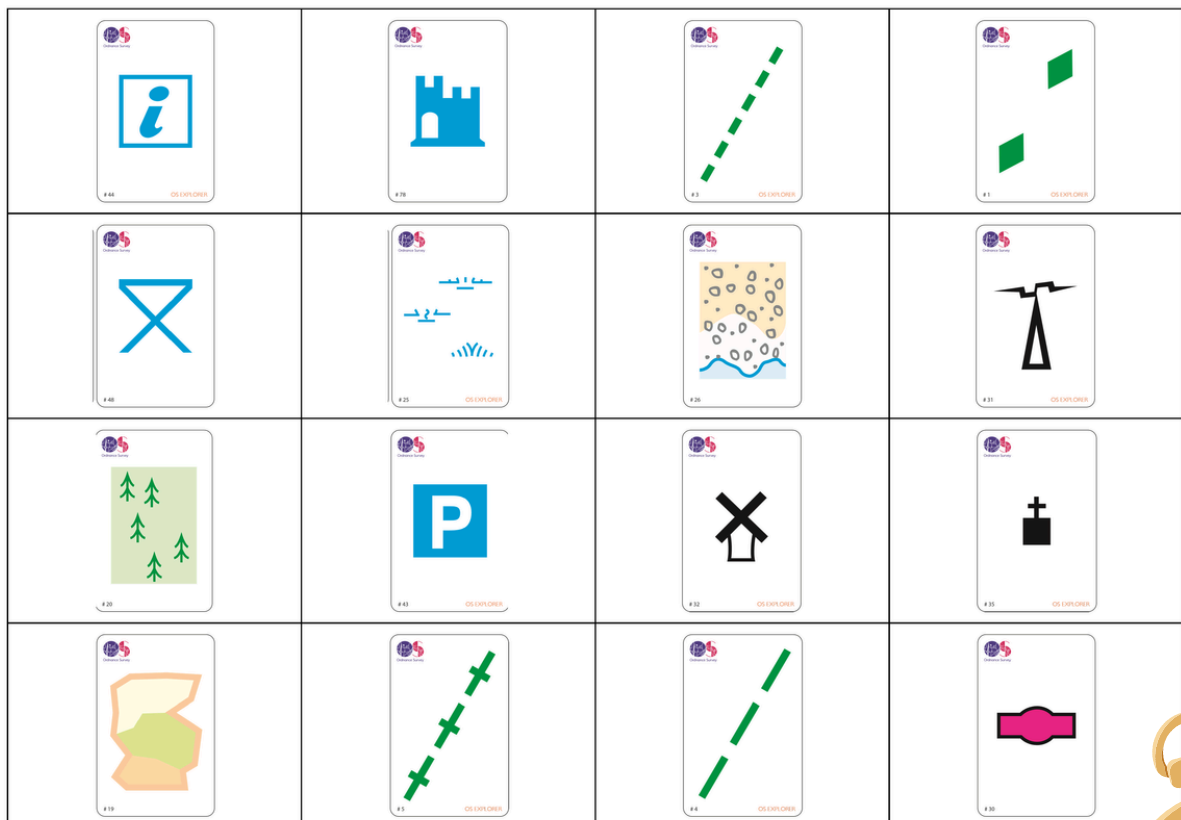
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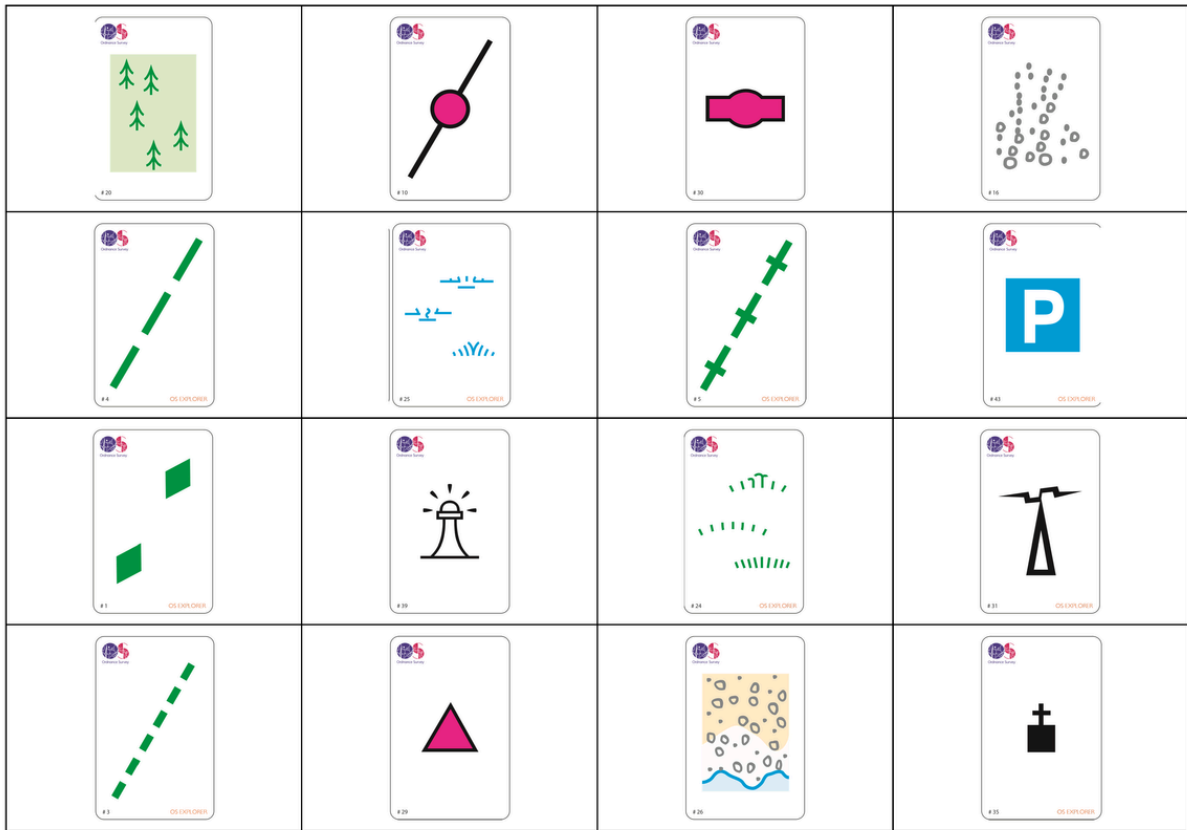
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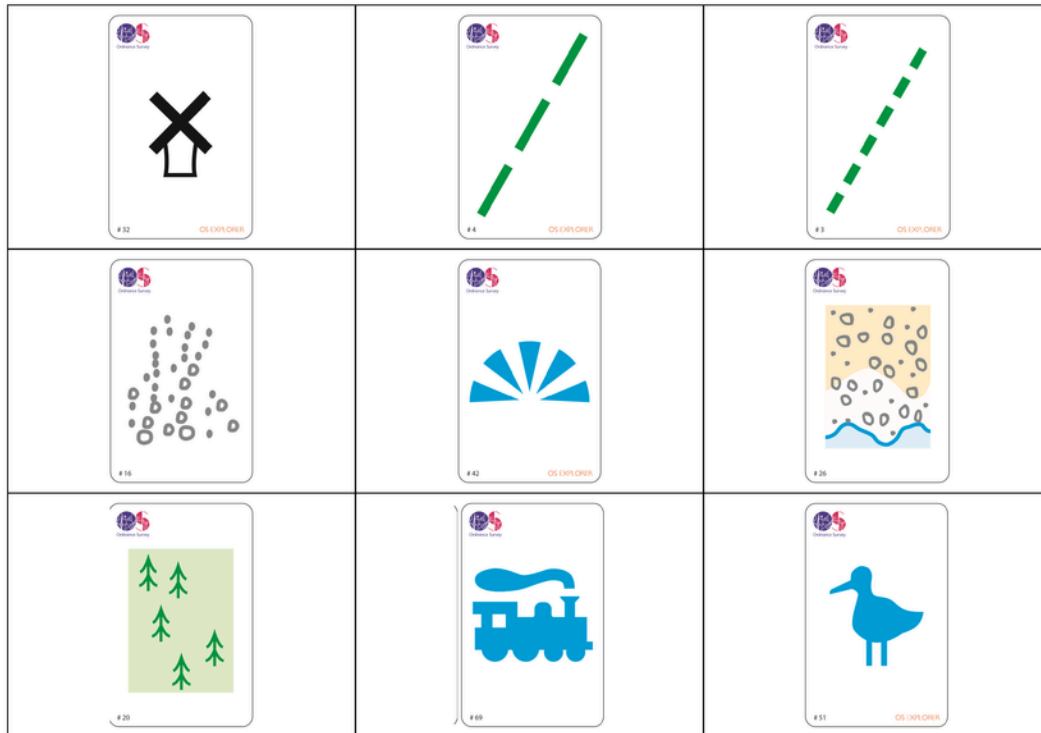


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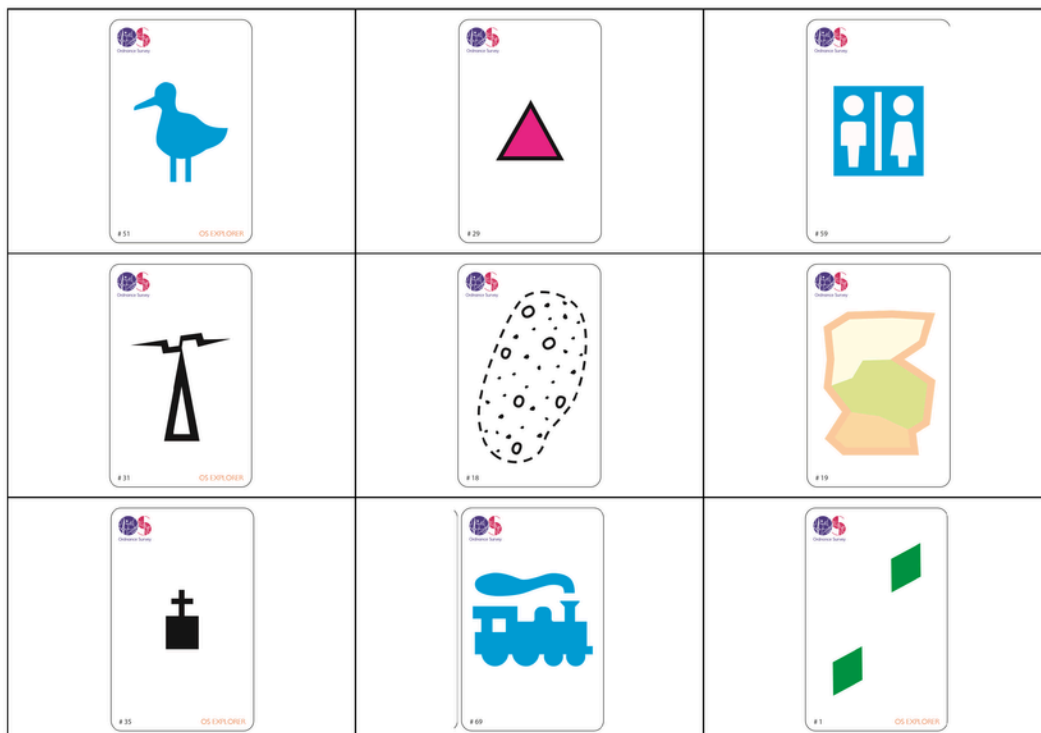


Section 1: Skills

Map symbols: 3x3 bingo cards



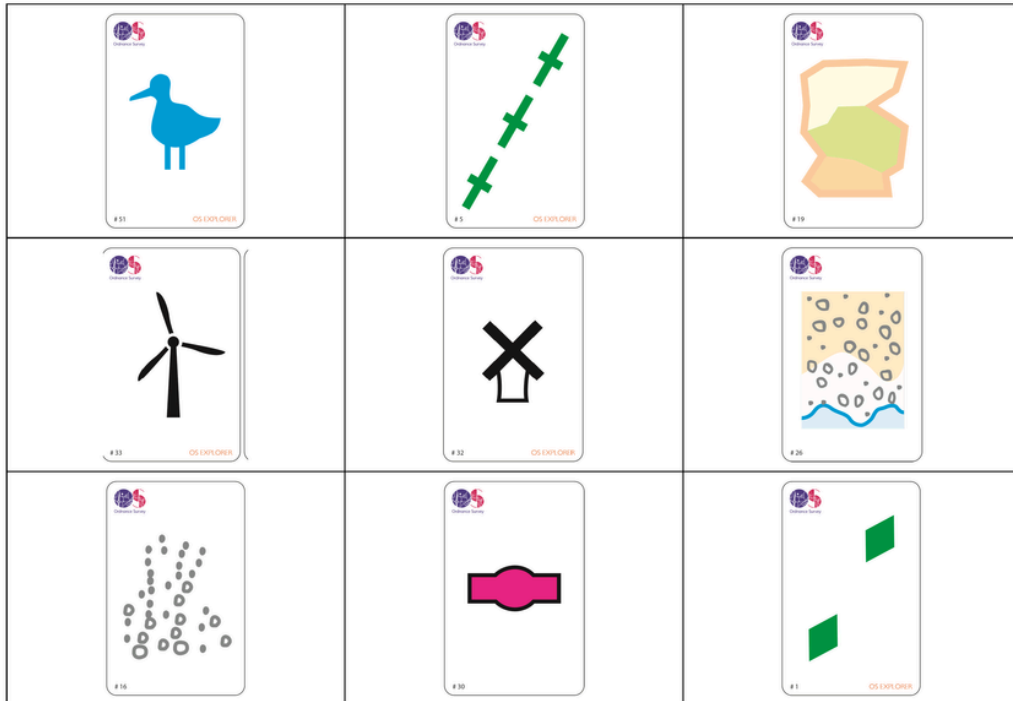
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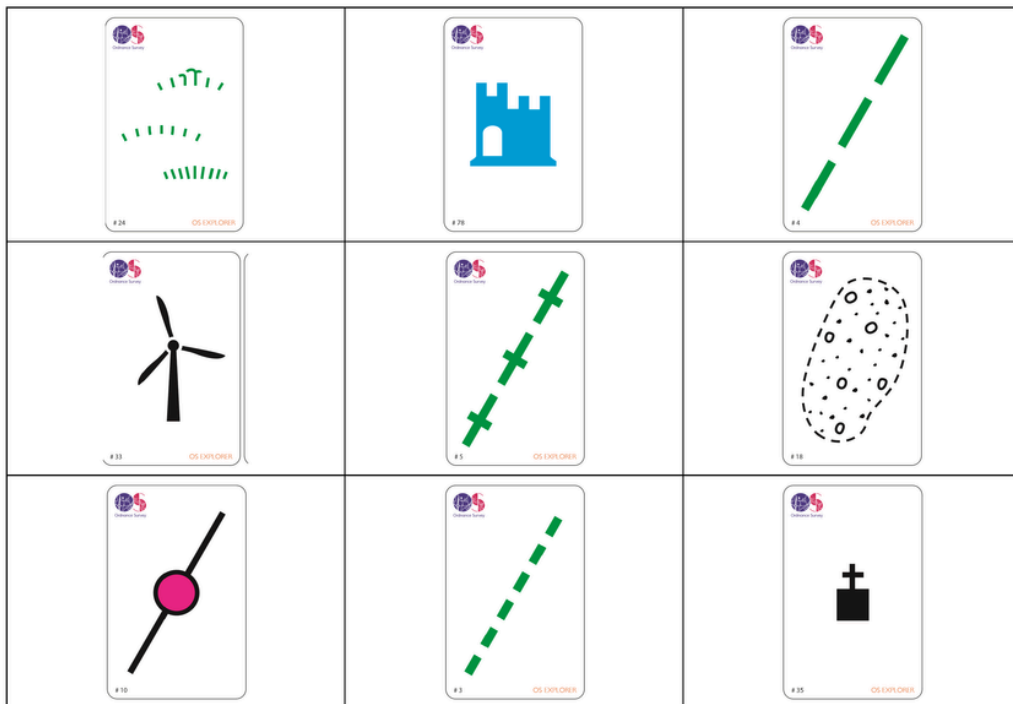
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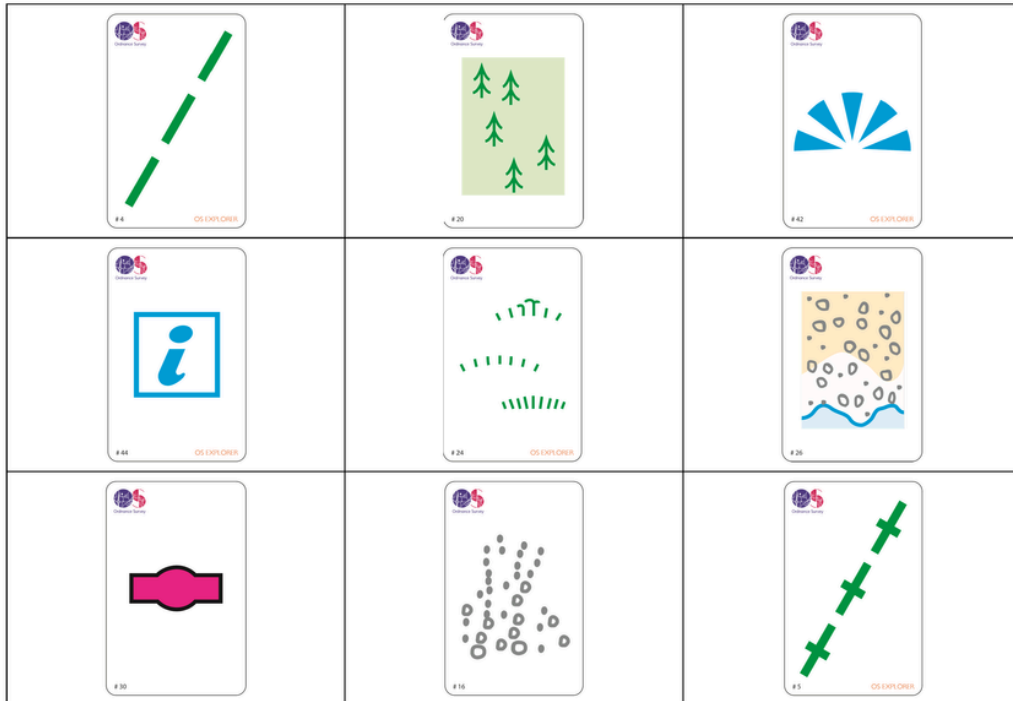
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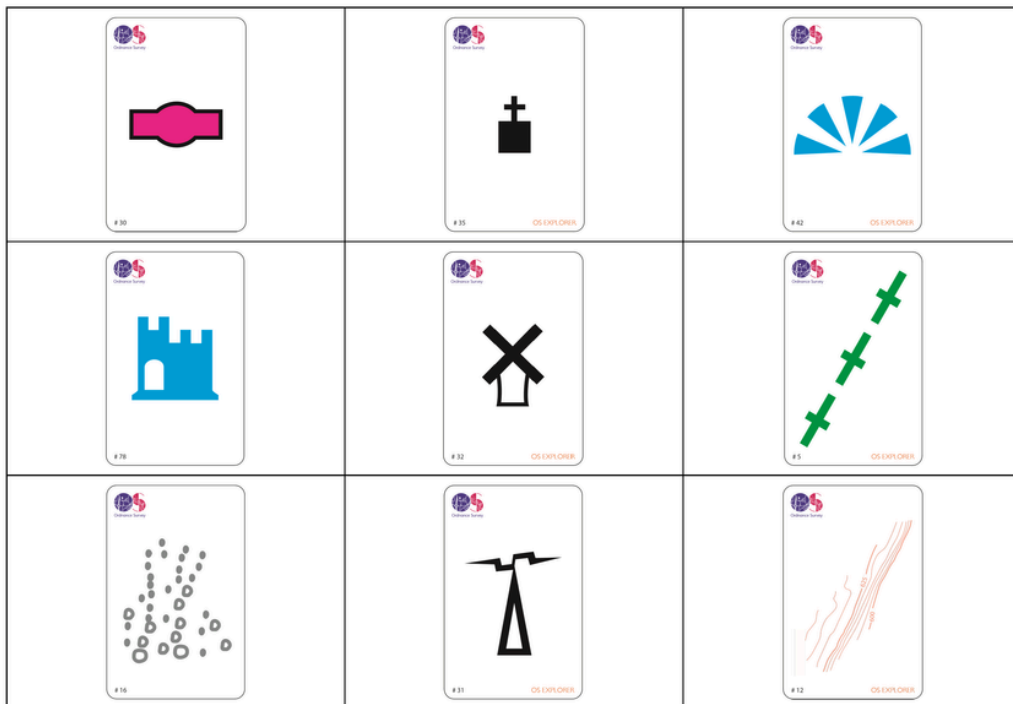
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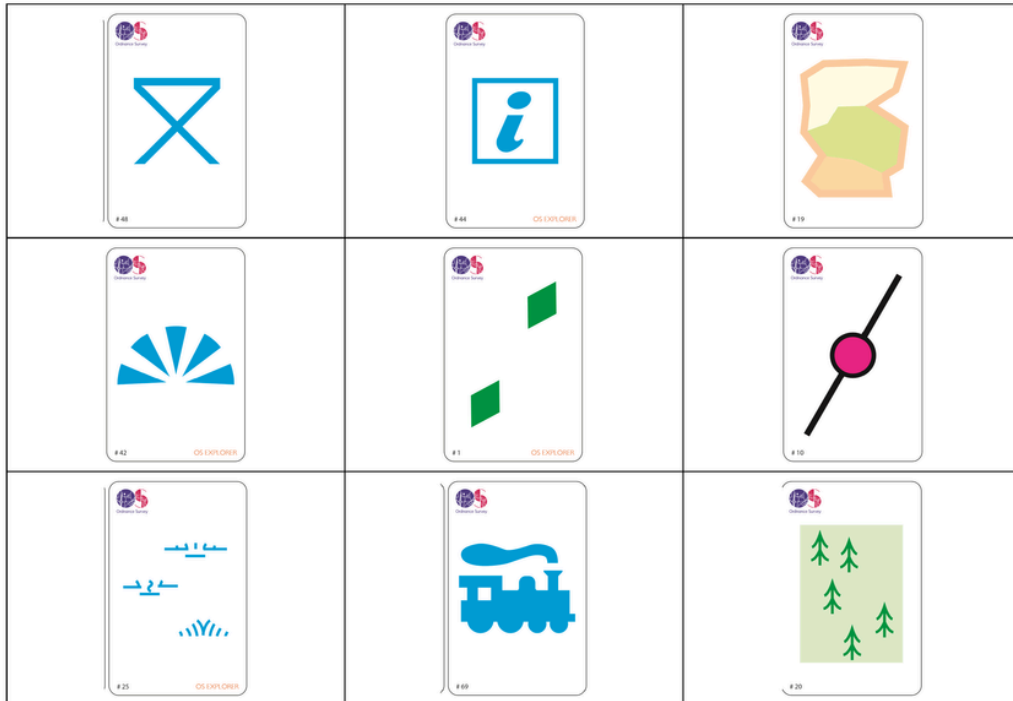
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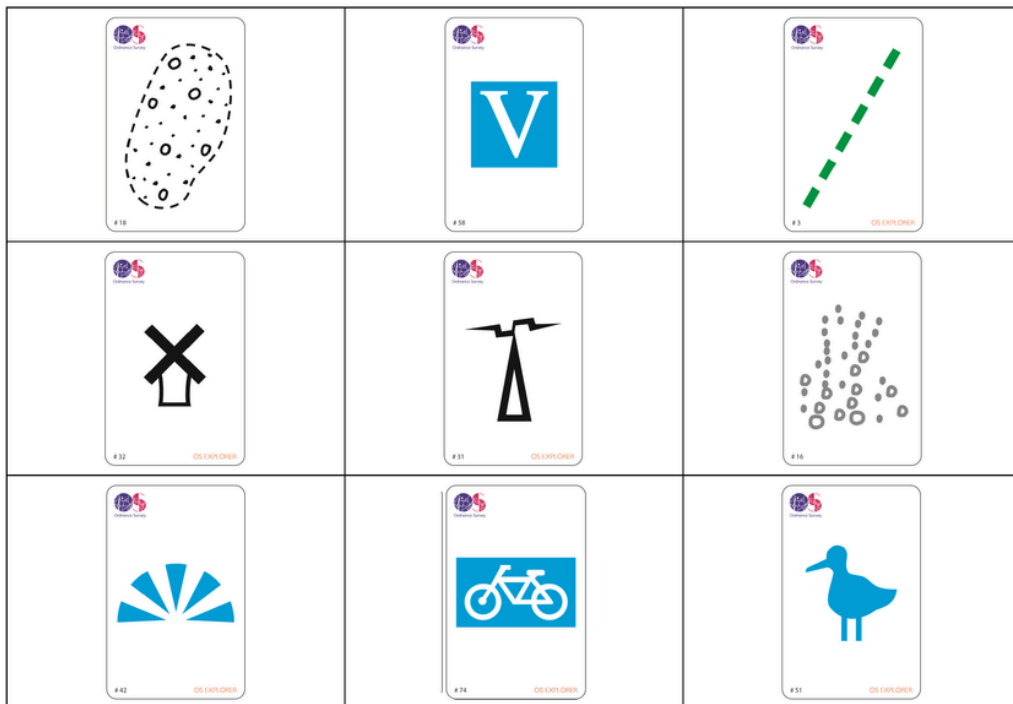
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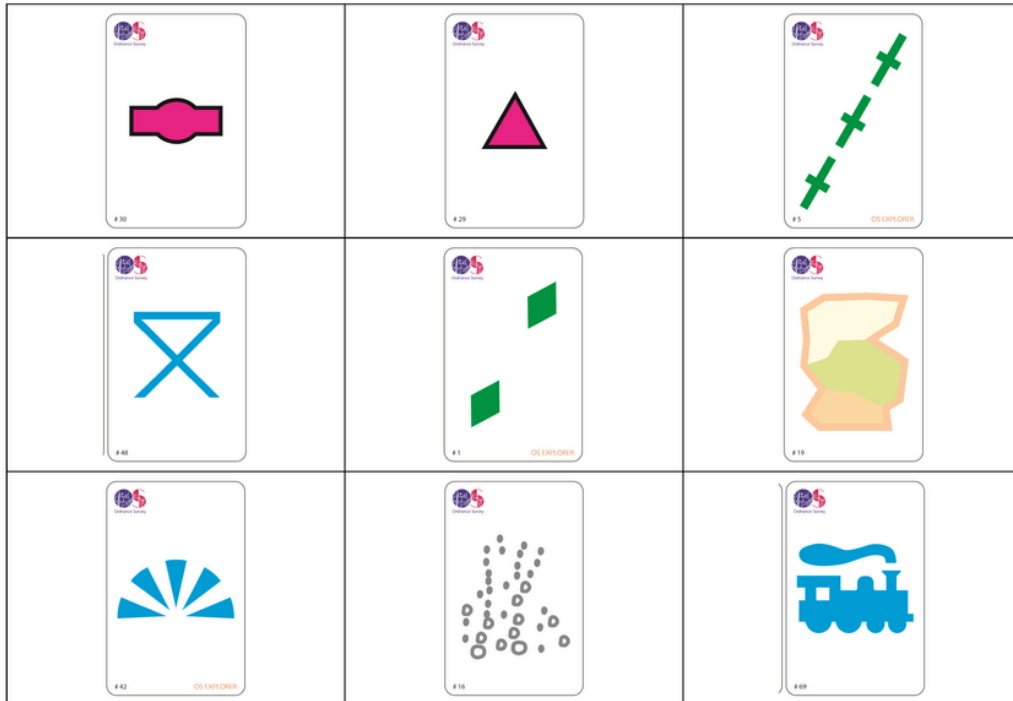
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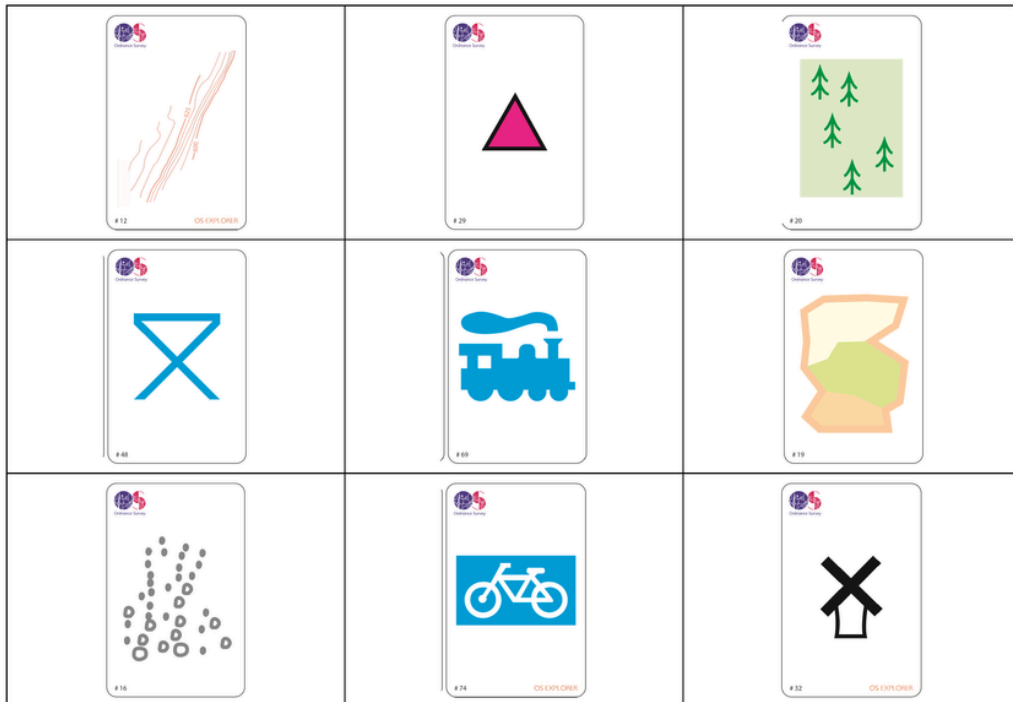
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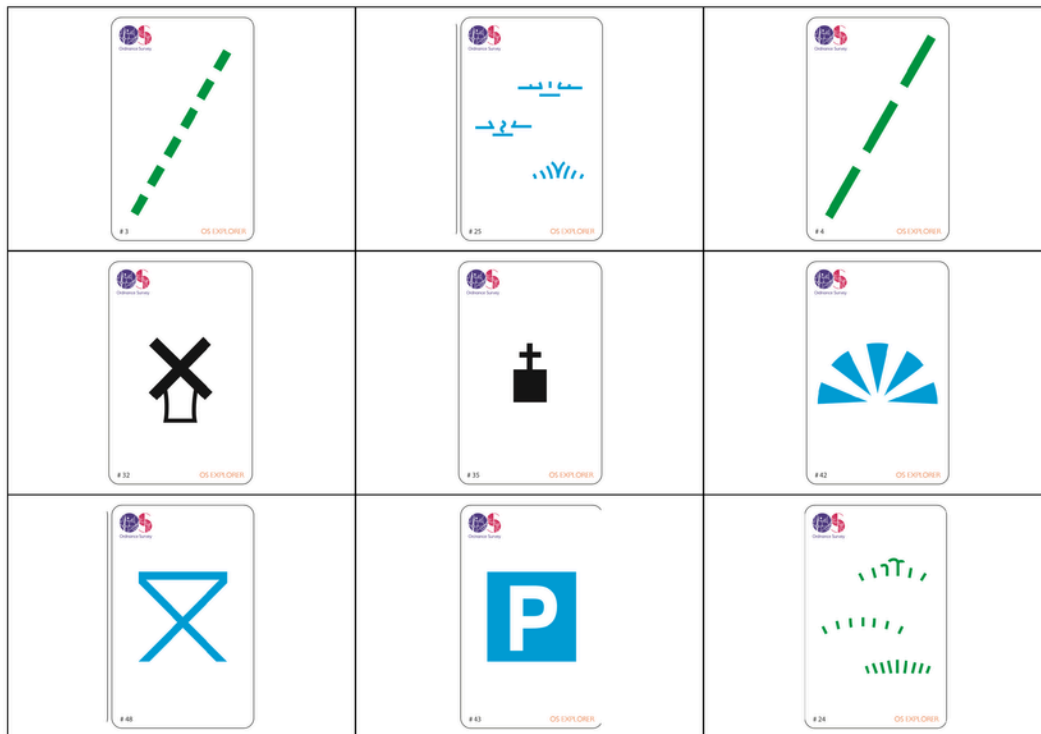
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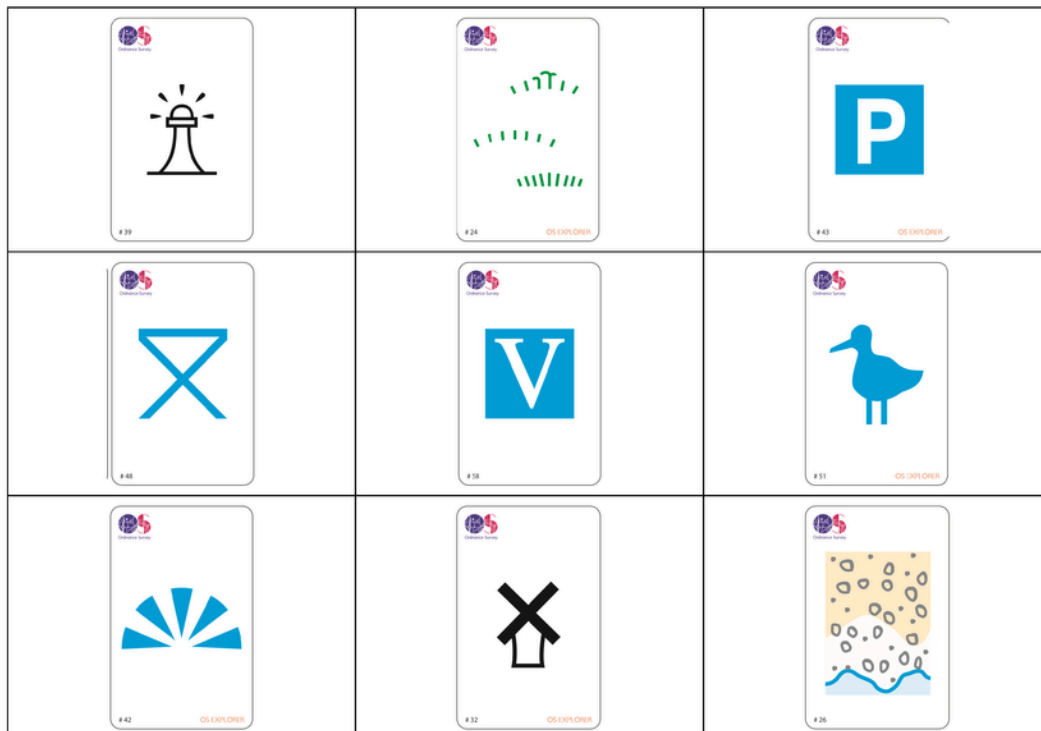
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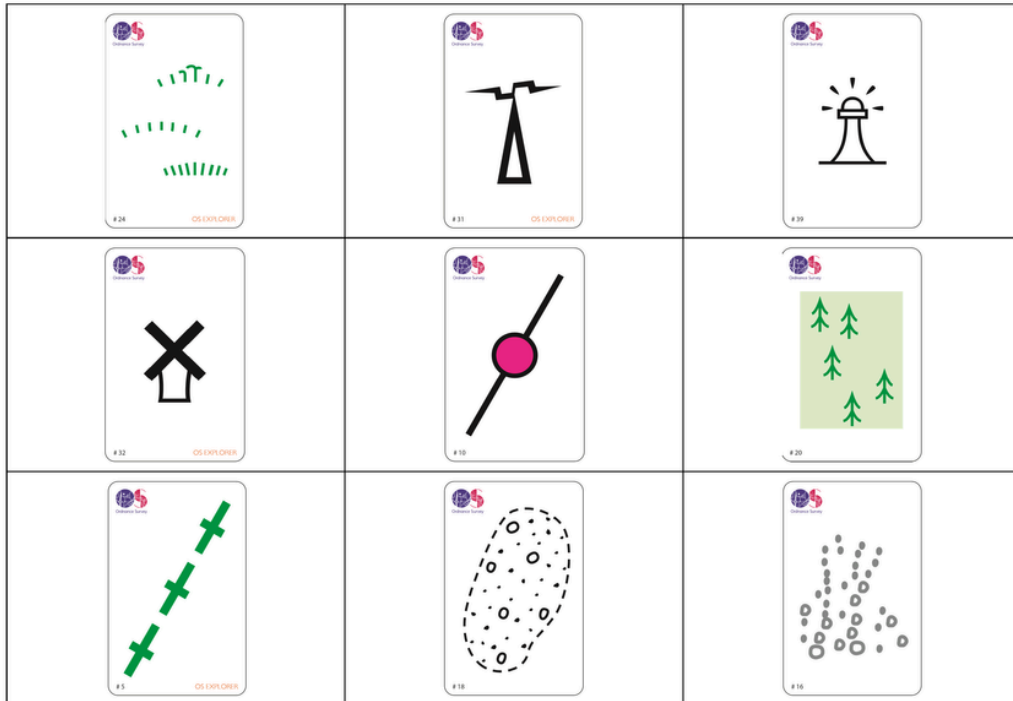
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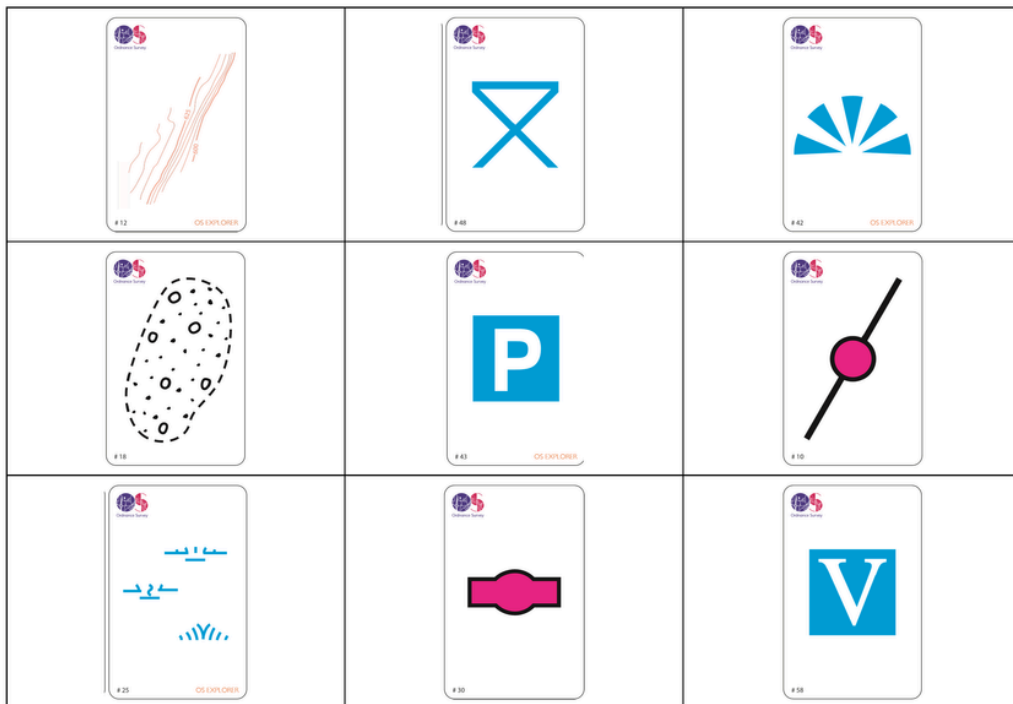
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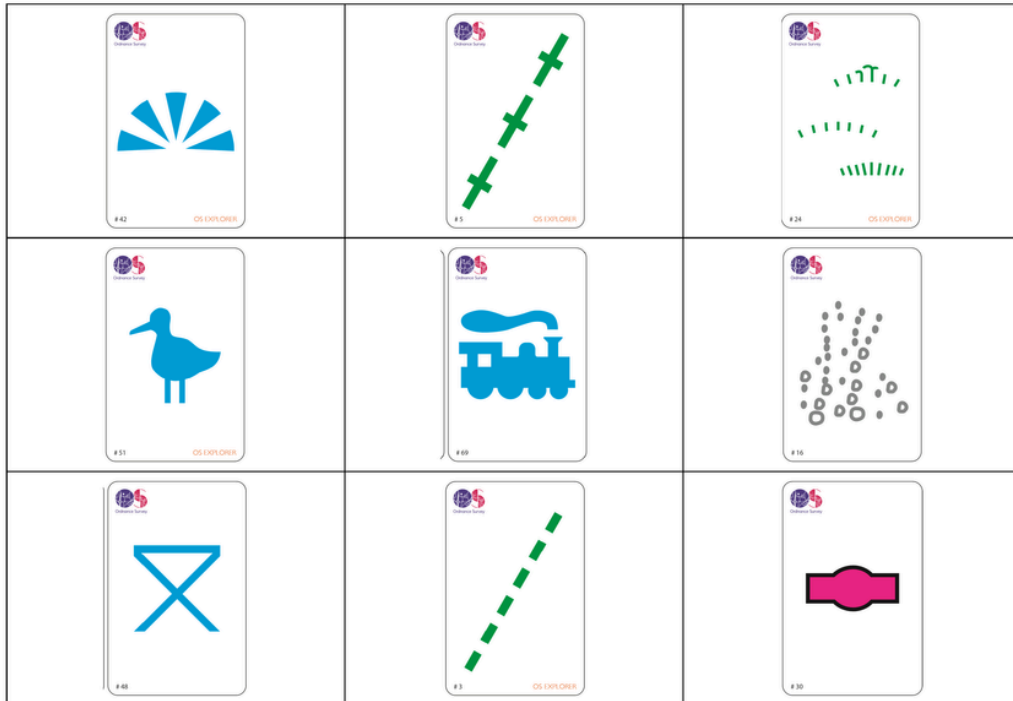
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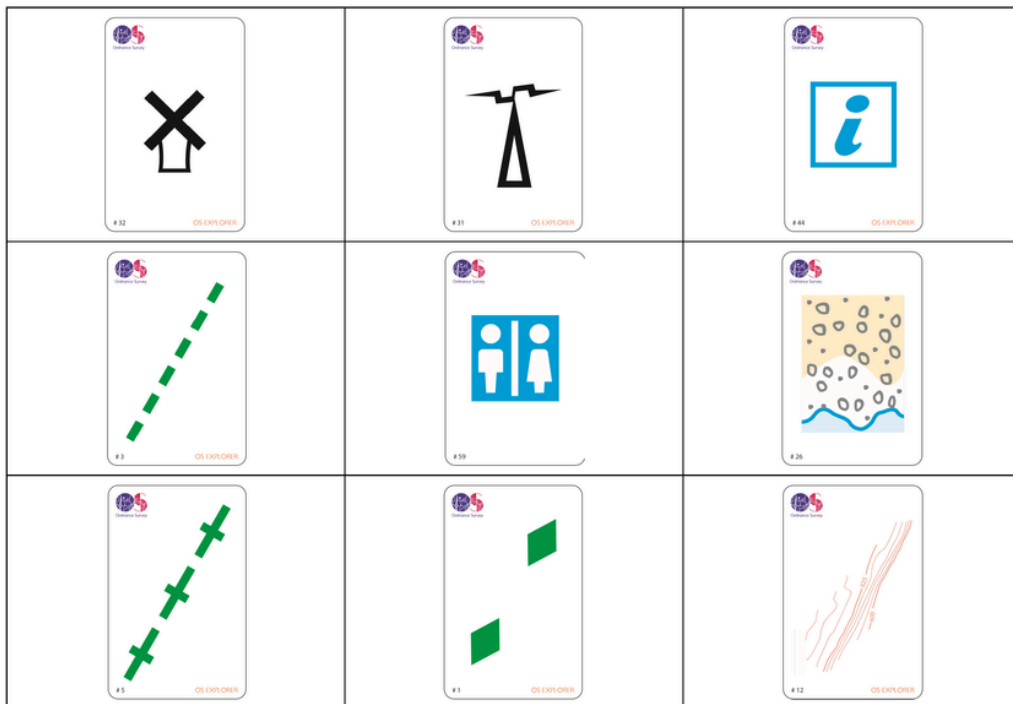
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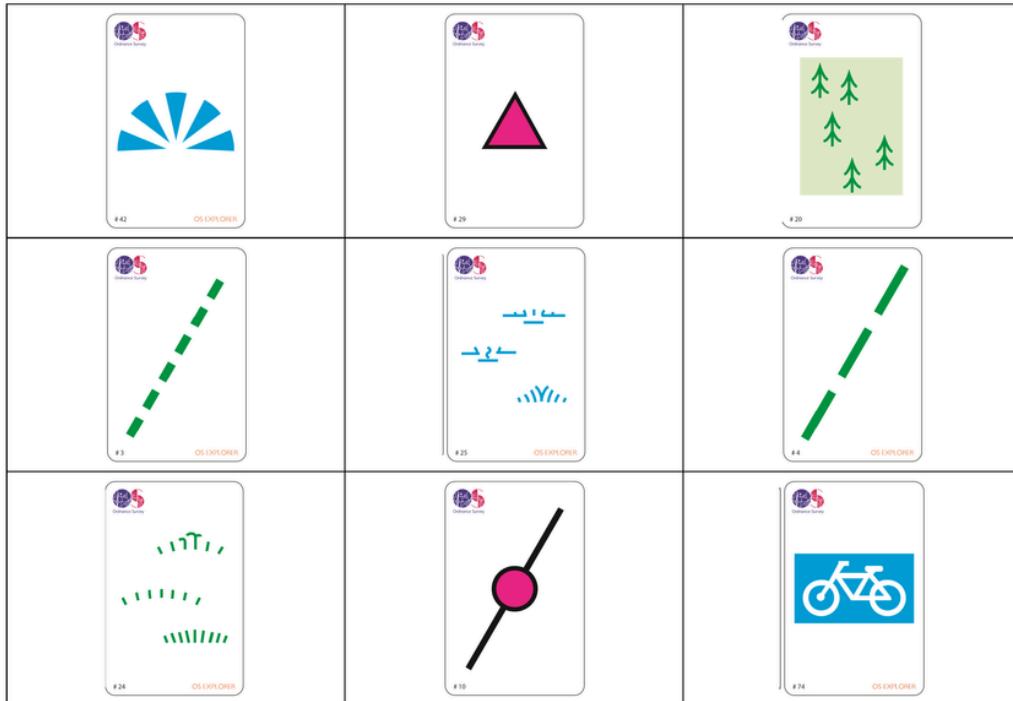
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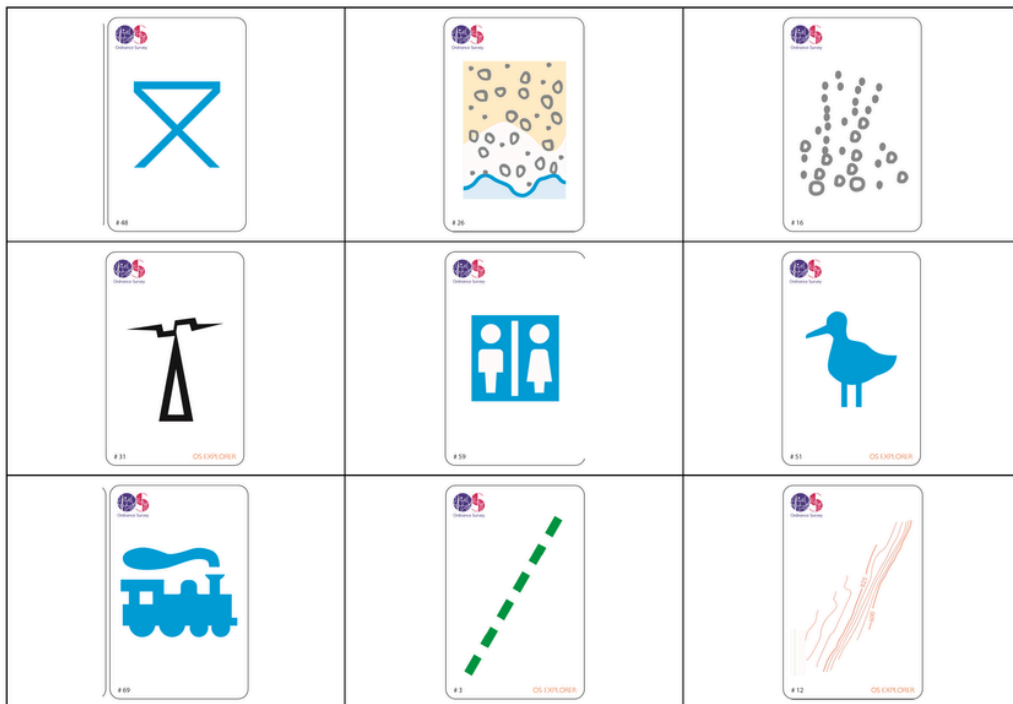
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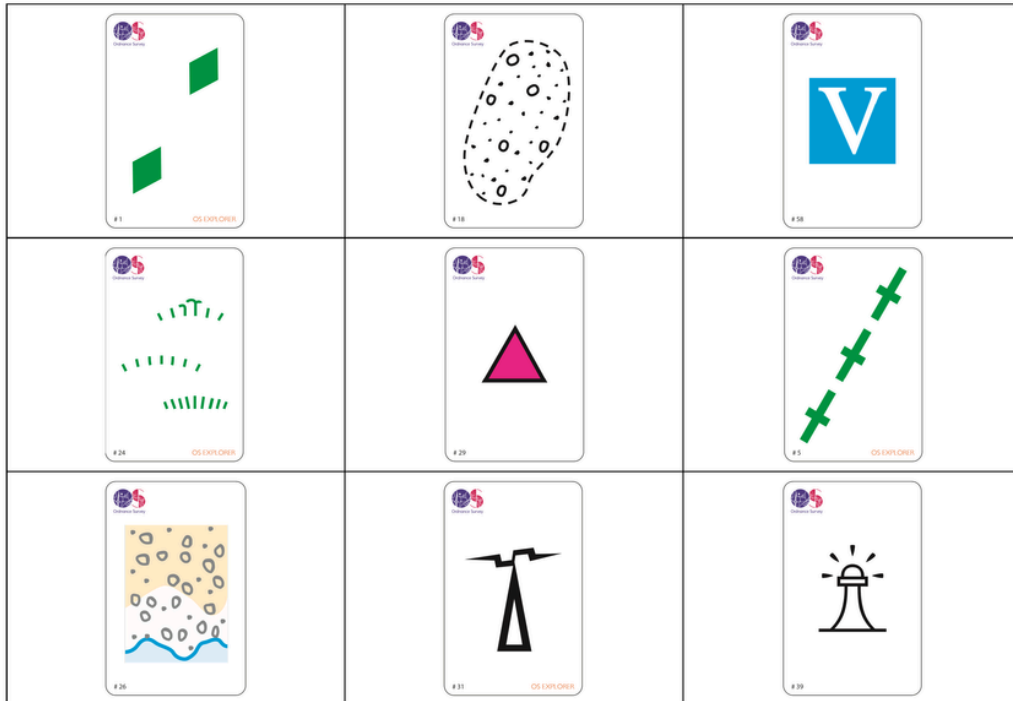
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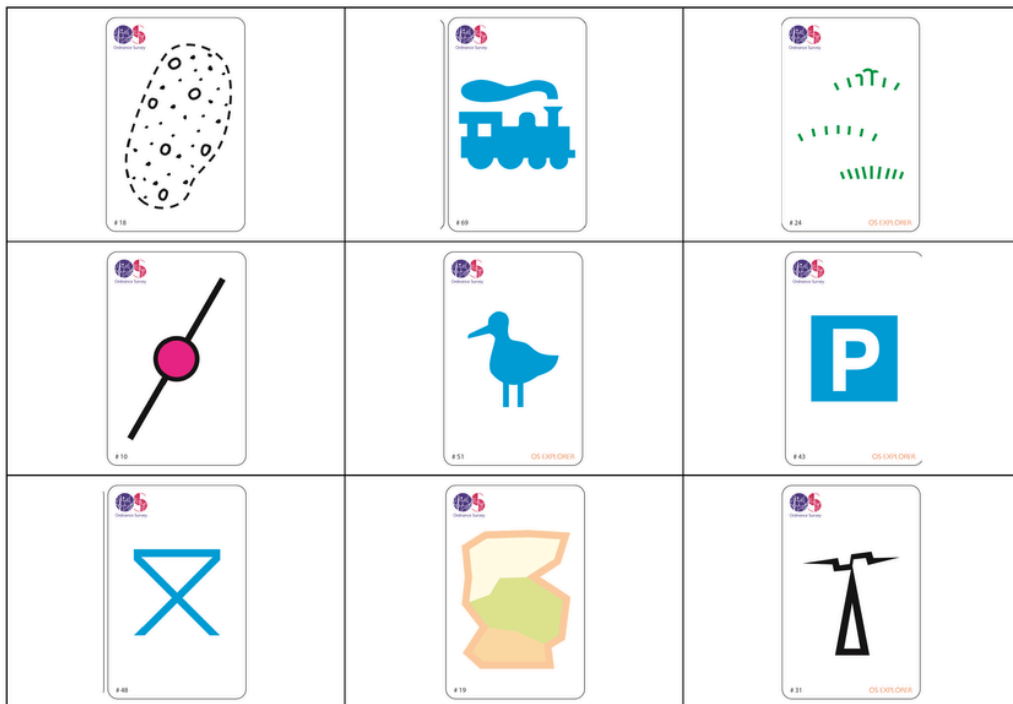
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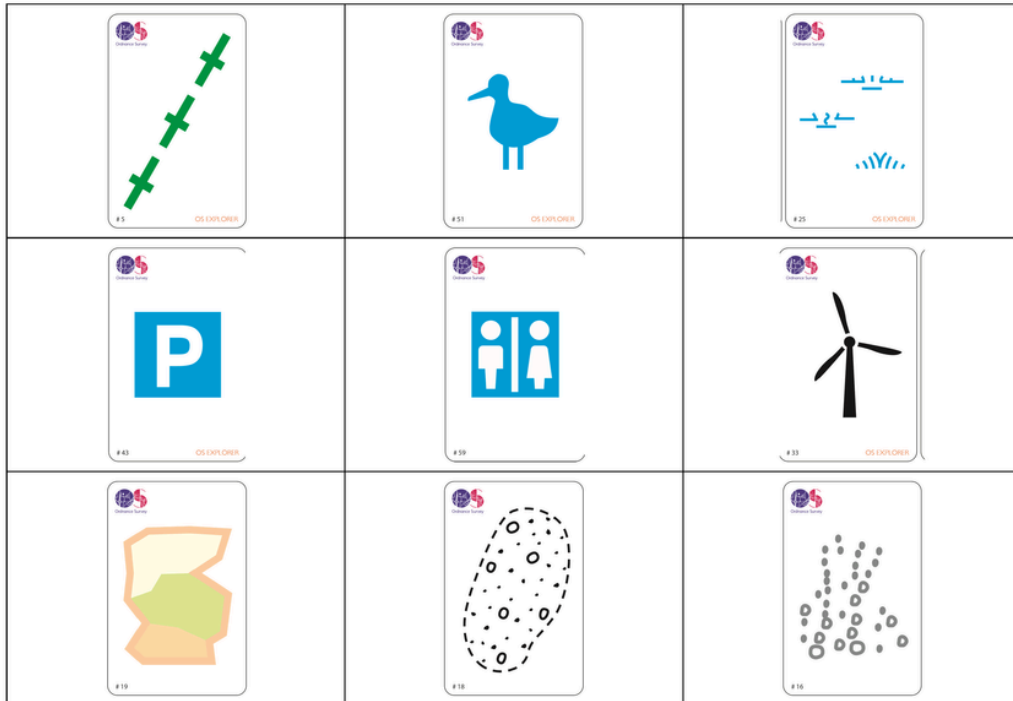
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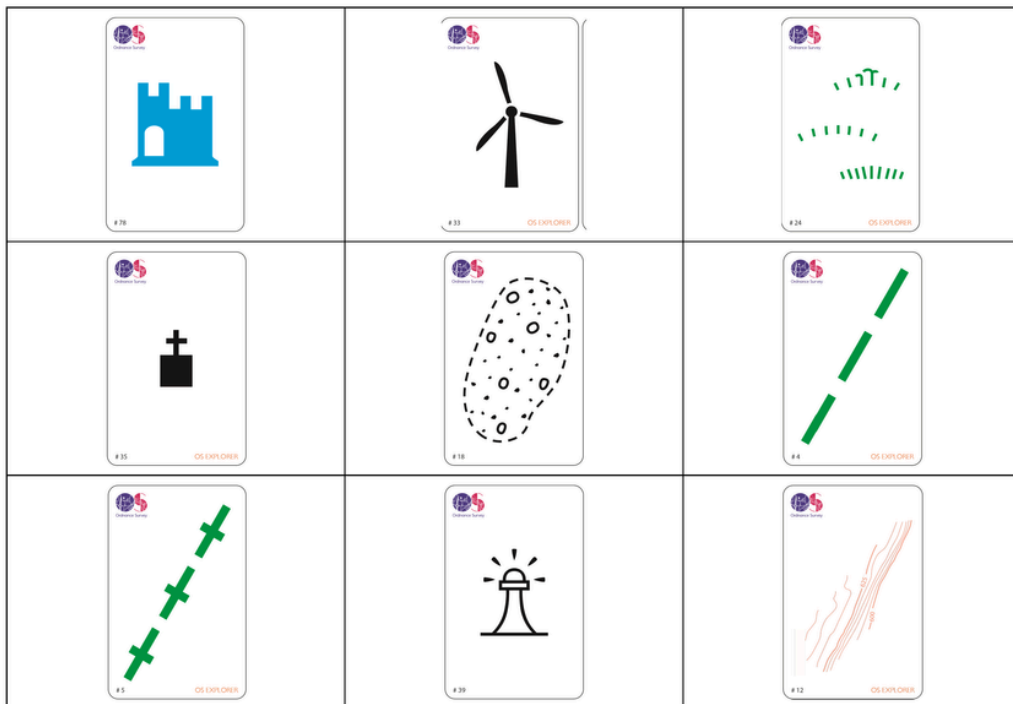
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Section 1: Skills



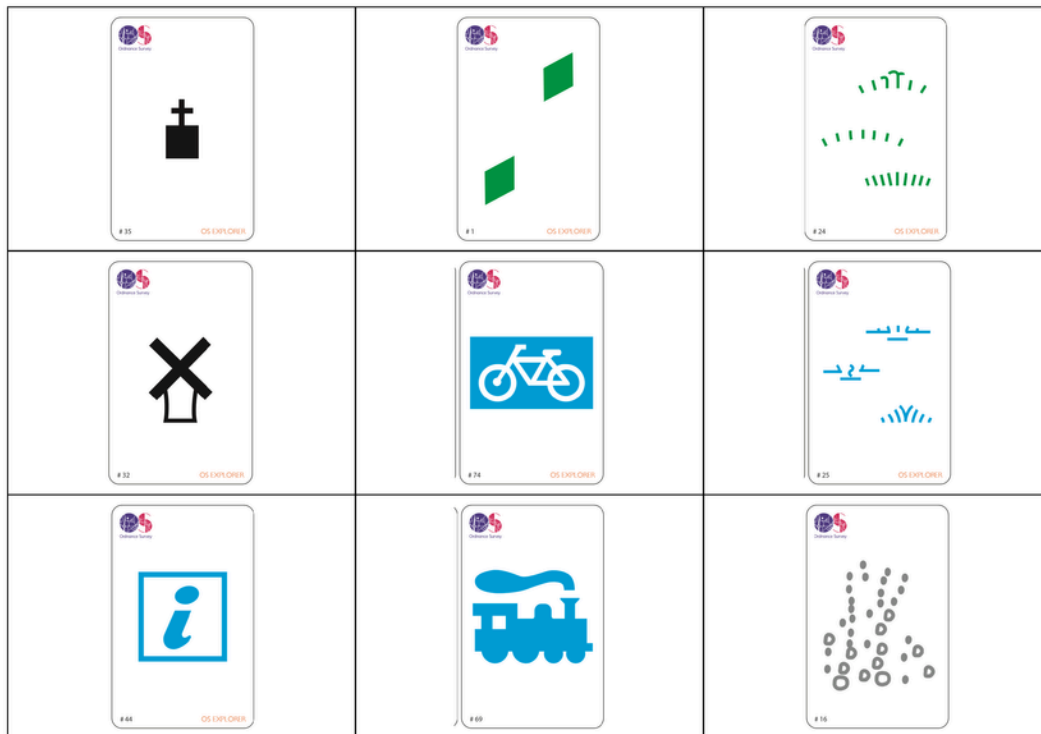
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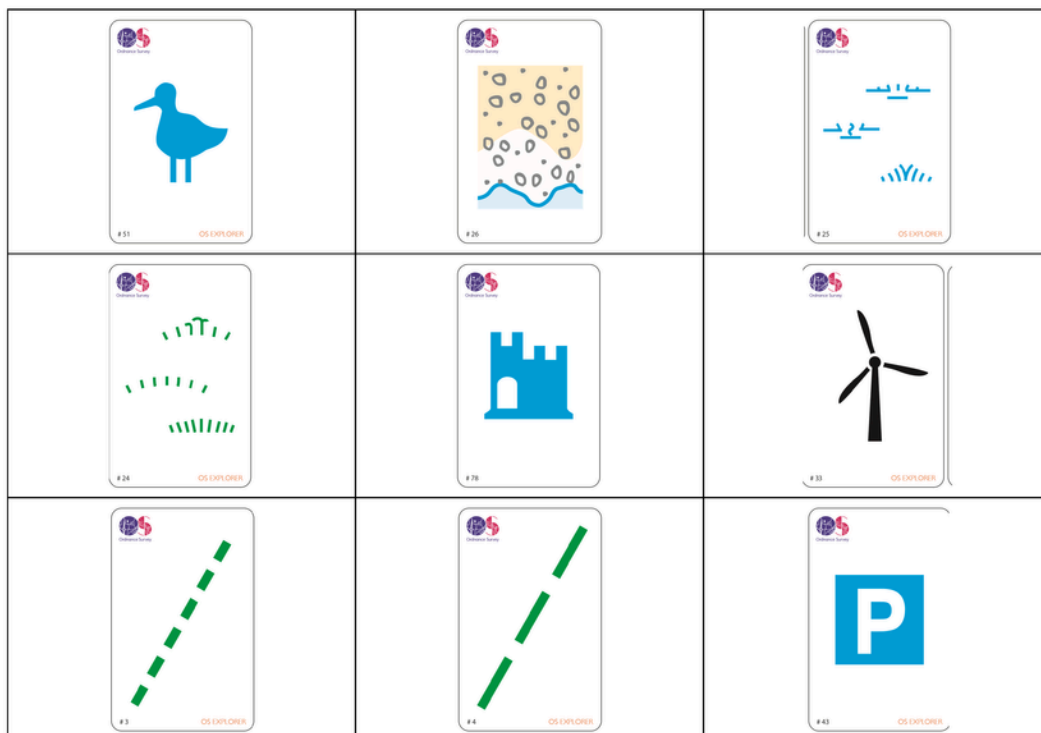
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Section 1: Skills



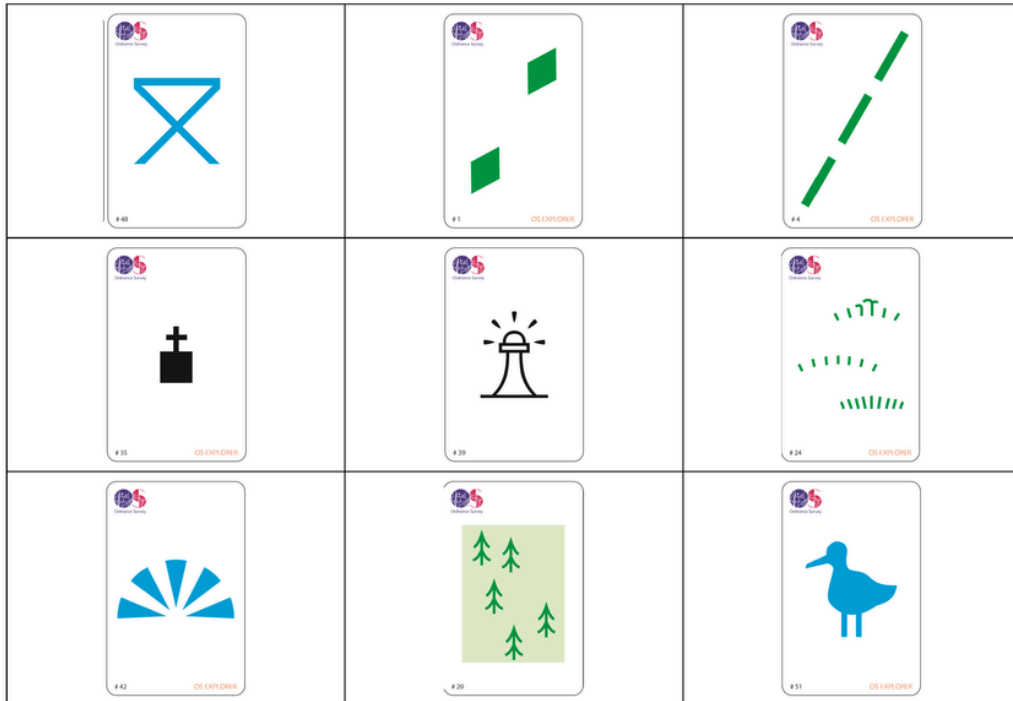
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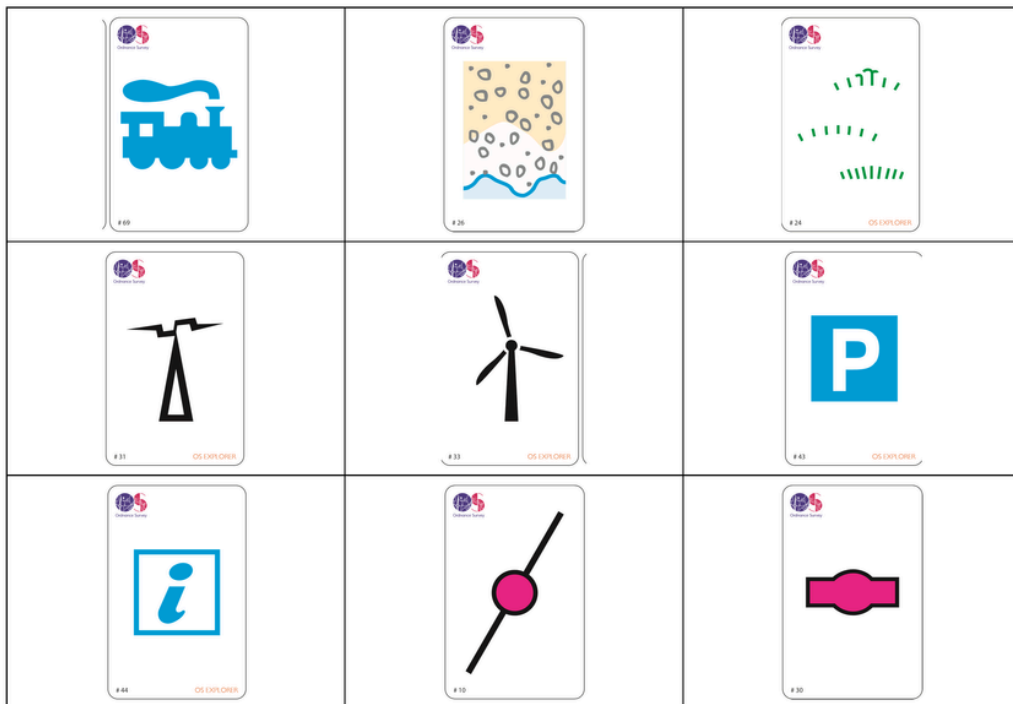
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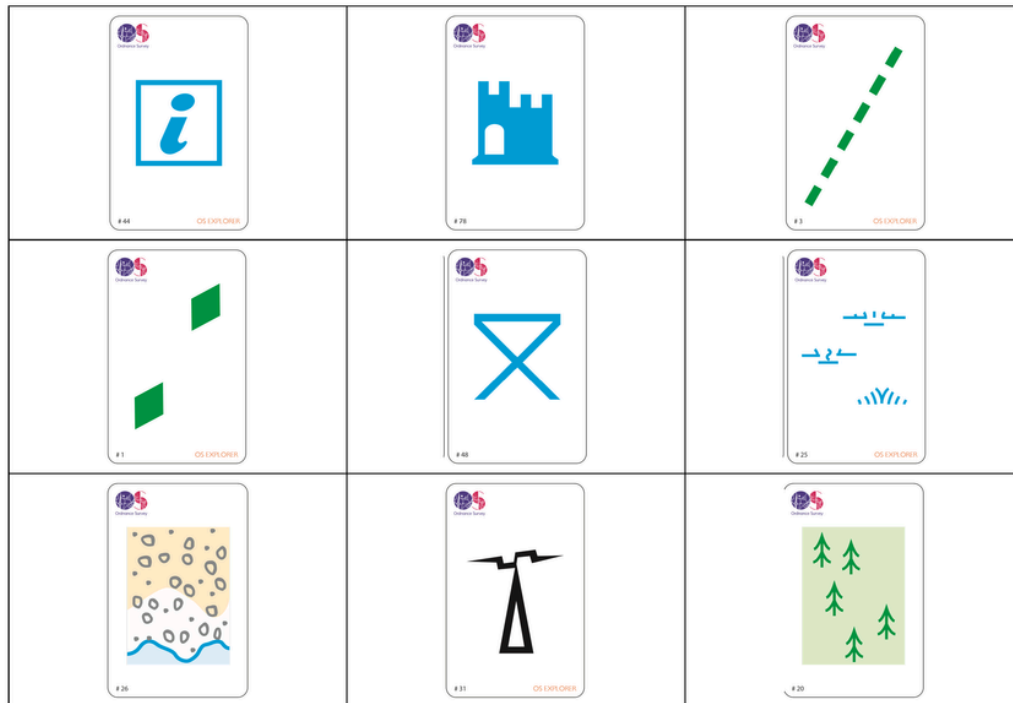
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Section 1: Skills

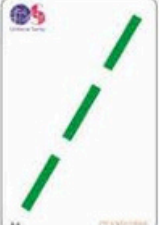
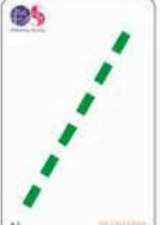
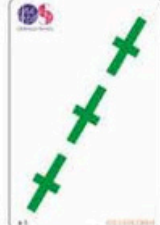
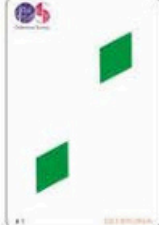
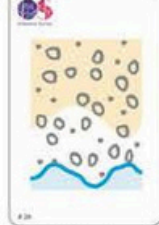


Created using the tools @ eslactivities.com. (This notice must remain on this card.)



Section 1: Skills

Bingo card key

			
Bridleway	Footpath	Byway open to all traffic	Recreational path
			
Spoil Heap	Scree	Access land	Shingle
			
Marsh / reeds or saltings	Bracken, heath or rough grassland	Coniferous woods	Contour lines
			
Mast	Windmill	Wind turbine	Lighthouse
			
Place of worship with a tower	Bus station	Railway station	Youth hostel



Section 1: Skills

 Visitor Centre	 Viewpoint (180°)	 Toilets	 Parking
 Information centre (seasonal)	 Cycle trail	 Preserved railway	 Nature reserve
 Picnic site	 Castle		



Section 2: Mindfulness

Sensory trail

As you see them, write down something which is:

Very hard	Very soft	Smooth
Flexible	Prickly	Rough
Rigid	Furry	Soggy
Sticky	Silky	Crunchy
Slow moving	Fast moving	Bad smelling
Making a quiet noise	Making a loud noise	Sweet smelling



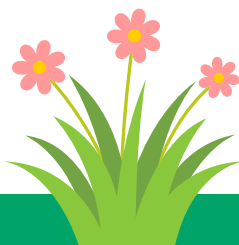
Section 3: Path less travelled

Alphabet trail

List items beginning with each letter as you see them. You can have more than one item per letter.

- Is it easier if it's natural or man-made?
- What was your most challenging letter?
- What was your most creative answer?
- Which was the hardest letter to find?
- What is the largest number of items that you have seen all beginning with the same letter?

A	J	S
B	K	T
C	L	U
D	M	V
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	



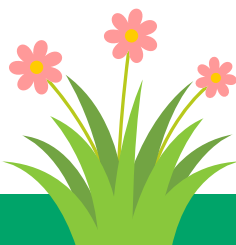
Section 3: Path less travelled

Trailblazers

Use sticks and stones to set a trail, have a go at following a trail with natural markers.

Tracking Symbols

	THIS WAY	TURN LEFT	TURN RIGHT	PACES TO A NOTE	DANGER HELP	NOT THIS WAY	I HAVE GONE HOME
STICKS							
STONES							
GRASS							



Section 4: Muddy boots

Theme hike

Theme your hike, make up a story or situation to give it purpose, and perhaps something to do at the end

- Pirates – Their treasure chest has been stolen but in their haste the thieves have damaged the chest and they have left a trail of jewels. Use bright coloured sweet papers or gems. Each group could make a new chest to put their hoard in. Make sure the loot is all collected at the end.
- Bears – Search for honey pots and have a teddy bears picnic at the end.
- Farm animals – Collect animal tails. Each group could look for a different kind of farm animal.
- Birds – Leave a trail using seeds that can be left in place as a gift to nature. Hide in the bushes and see if you can spot birds coming to enjoy your trail.
- Story Puzzles – Leave a trail of large puzzle pieces (simply cut up a colourful picture for each group to find). Each group looks for their own puzzle pieces, makes up the puzzle and uses it a basis for a story



Useful links and apps

- Leading your unit on outdoor adventures - girlguiding.org.uk/information-for-volunteers/updates-for-our-members/leading-your-unit-outdoors---go-outdoors/
- Walking safely - girlguiding.org.uk/information-for-volunteers/programme-and-activities/guidance-on-activities/walking-safety/
- Countryside classification - girlguiding.org.uk/information-for-volunteers/programme-and-activities/guidance-on-activities/countryside-classification/
- Girlguiding walking scheme - girlguiding.org.uk/information-for-volunteers/learning-and-development/leading-outdoor-adventures/walking-scheme/
- Guides and Rangers walking without a leader - girlguiding.org.uk/what-we-do/our-badges-and-activities/adventure-for-girls/walking-without-a-leader/
- Walking in easy and lowland country - girlguiding.org.uk/what-we-do/our-badges-and-activities/adventure-for-girls/walking-in-easy-and-lowland-countryside/
- Walking in Open country - girlguiding.org.uk/what-we-do/our-badges-and-activities/adventure-for-girls/walking-in-open-countryside/
- Orienteering - girlguiding.org.uk/what-we-do/our-badges-and-activities/adventure-for-girls/orienteering/
- OS locate app – a safety essential – locator app
- OS maps – a mapping app
- All trails app a mapping app
- What3words – a locator app
- Geo Tracker
- MapRun 6
- GooseChase, Scavify, Actionbound, Deckle