

# Welcome to Girlguiding Anglia's...



## Challenge pack

# Welcome to our outdoor challenge pack!

This outdoor challenge has now been around for over 10 years and is still as popular as ever with leaders and girls alike. Feel free to complete this as individuals or in groups, units or even with your families.

You should find something adventurous, enjoyable, and suitable for all ages. We hope the variety allows the opportunity for everyone to find something new to try but if the suggestions inspire you to come up with something different that fits a section, we haven't thought of then just go for it! Many of the activities included could also link to the Girlguiding programme.

To complete this badge, you need to complete 1 challenge from each of the 5 sections. To help combat climate change and our impact on the environment, we have designed this pack so that it can be completed digitally - please help us, and the environment, by not printing this pack. Get out there, have some fun and enjoy the British outdoors and everything it has to offer.

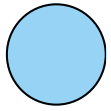
Note for leaders - Please checkout 'Adventure for Girls' on the Girlguiding website ([Adventure for girls | Girlguiding](https://www.girlguiding.org.uk/adventure-for-girls)) if you are not sure if an activity you come up with is approved for Girlguiding members.

Once you have completed at least 1 activity from each of the 5 sections, you can order your outdoor challenge badge from our retail shop [girlguiding-anglia.org.uk/shop](https://www.girlguiding-anglia.org.uk/shop)

We hope that you love our outdoor challenge! If you have any photos of you or your unit completing the challenge, then don't forget to share them with us on our social media platforms. Please ensure that you have the correct permissions for everyone in the photos before sharing.



# Key



suitable for Rainbows



suitable for Brownies



suitable for Guides



suitable for Rangers



programme link



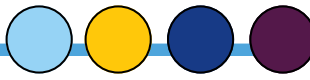
# Eating out



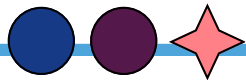
Go on a picnic and take a food you have never tried before.



Toast marshmallows and make s'mores but try some different ingredients like Jaffa cakes.



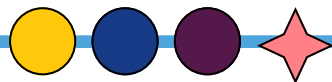
Learn how to light a fire without using matches.



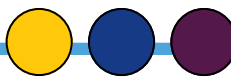
Make hot chocolate over an open fire. Remember the cream and marshmallows.



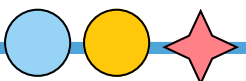
Cook in a haybox or cardboard box oven.



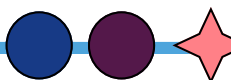
Try cooking something using stinging nettles. What about soup, tea or have you tried them battered and fried?



Light a match safely.



Pack suitable high energy rations in a rucksack and go for a ramble or hike.



Cook a meal on an open fire without using utensils.



Cook pancakes over a tea light.



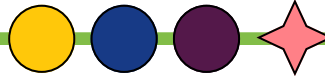
# Be prepared



Learn about contour lines, grid references and how to read a map.



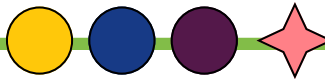
Learn some first-aid. Do you know how to get someone into the recovery position, how to do CPR, treat a burn or a wound?



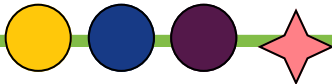
Make a makeshift splint or stretcher.



Make a small first-aid kit that you can carry whenever you are out.



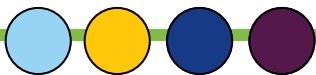
Learn how to rescue someone in water and how to throw a lifeline



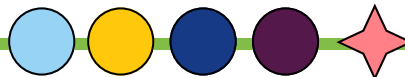
Know how to use an AED and where the closet one is to your home and unit meeting place.



Learn either The Green Cross Code, The Country Code or The Water Safety Code



Know how to make an emergency phone call or learn about 'what3words'.



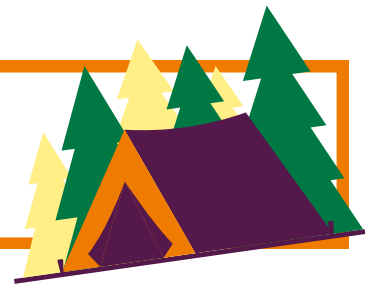
Understand how to read a timetable.



Learn how to find north without using a compass.



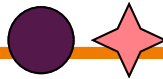
# Staying away



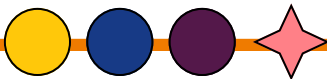
Build a shelter and spend the night in it.



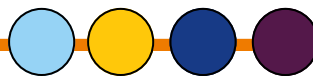
Sleep out under the stars.



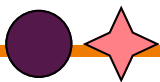
Pitch a tent or make a bedding roll blindfolded.



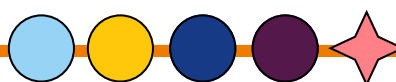
Get up early to watch the sun rise.



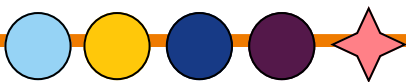
Sleep in a hammock or a cardboard box.



Sleep somewhere other than a bed.



Create a packing list with all the essentials for a trip away



Make a list of your top 5 international destinations and reasons why you'd like to visit



Remember that we have nights away cards and badges available at our region shop! Use the card to record all your nights away with guiding. Once you hit a nights away mile stone, you can get your nights away badge!

[girlguiding-anglia.org.uk/products/nights-away-card](http://girlguiding-anglia.org.uk/products/nights-away-card)

[girlguiding-anglia.org.uk/products/nights-away-badge](http://girlguiding-anglia.org.uk/products/nights-away-badge)

# About the environment



Learn how to identify some trees from their leaves, twigs, bark, flowers, and fruit.



Help plant a hedge or some trees, some native bulbs, or wildflowers.



Learn the names of some star constellations and then see if you can find them in the sky.



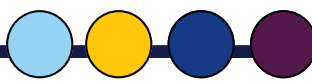
Visit a nature reserve and find something you have never seen before.



Build a bird box, bat box or bug hotel and put in a suitable place.



Try pond dipping but don't fall in! How many different species can you find?



Learn the names of some cloud formations and what they mean.



Learn about bees and do something to help their survival.



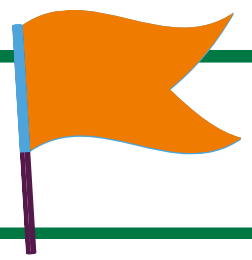
Learn what you should and shouldn't feed wild birds and set up a feeding station.



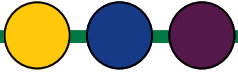
Go litter picking or tidy a local community area. For example a church yard, recreation ground, or a hedgerow.



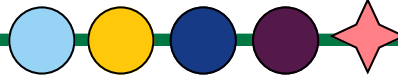
# Keeping active



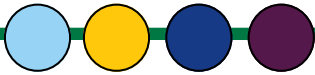
Attend a sporting event and understand the rules.



Try a sport or activity you have never taken part in before. There are loads out there to choose from.



Take part in some skipping games.



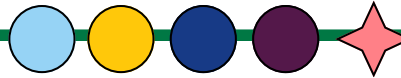
Take part in an assault course or trim trail. Why not try creating an assault course with your unit?



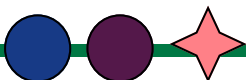
Take part in a Park Run, Race for Life or something similar.



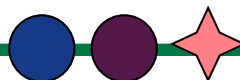
Take part in a yoga, pilates, or meditation class.



Learn how to use a compass and go orienteering or learn how to use GPS and go geocaching.



Learn some self-defence moves.



# Programme links



## Be well

Bobbing along  
Catch me if you can  
Cheer challenge  
Game of stones  
Karate tennis  
Mirror movements  
Out and about  
Pedal power  
Pump it up  
Ready, steady, sport  
Rise and shine  
Stay alert  
The fairground  
Track your skills

## Express myself

Waggle and seek  
Stretch it out  
Hobby-tastic

## Take action

Litter critters  
Nature neighbours  
Ready, set, recycle  
Sing for safety  
Waste of time

## Have adventures

A race against time  
Bear-y good games  
Birdie builders  
Bug hunt  
Campfire sing-song  
Diddy dens  
Hidden nature  
Hide and seek hunt  
Hot and cold  
Secrets of survival  
Stars in your eyes  
Tree-mendous senses

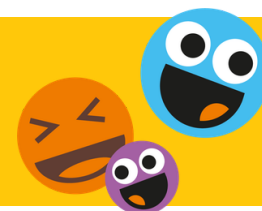
## Skills for my future

Dis-solve it  
Mascot maker  
Stop that leak

## Know myself

Be a Brownie  
Buddy books  
Sports of the past  
Tied up in knots

# Programme links



## Be well

Cluck, cluck, goal  
Cyclist says  
Fire! Fire!  
Invent-a-sport  
It's a hole in one  
Mellow movement  
Mindful music  
Rallies and relays  
Respect the ref  
Tripe boxer

## Express myself

En pointe  
Hootenanny  
Tent theatre

## Take action

Game on  
Local munch  
Positive pebbles  
Seasons eating  
Un-fantastic plastic

## Have adventures

Bottle mansions  
Comet catching  
Disaster strikes  
First aid in the field  
Hedgehog home  
Nature noises  
Night sky observers  
S.T.O.P  
Strike a light  
Torchlit tour

## Skills for my future

On the radar  
Think on your feet

## Know myself

The great guiding  
record challenge

# Programme links



## Be well

Burning ball  
Checking in  
Games maker  
Kho kho  
Mastering the moves  
Perfect your poses  
Safe places  
Surfs up  
Tai one two chi  
Totally ga-ga  
Touchdown

## Express myself

Bowled over  
Build a beast  
Create a cast

## Take action

Global goalie  
Litter lotto

## Have adventures

HELP  
Catch of the day  
Snowball and sheilds  
Citrus feeder  
Warm in the wild  
Break the bank  
Penny hike

## Skills for my future

Production line

## Know myself

Lava  
Two match challenge  
Treasure hunters

# Programme links



## Be well

Anything goes hockey  
Karate block  
Kicking it  
Relaxation station  
Rhythm and rhyme  
Sitting volleyball  
Text neck  
The great guiding games

## Express myself

Animalia inventions

## Take action

Conserve to reserve  
Diversify your garden  
Plastic personas  
Sow it, grow it

## Have adventures

Can cooker  
Feed on fruit  
Get rafty  
Gutted  
Hidden figures  
Speedy scavengers  
Starry sensations  
When the lights go out  
Winter feast-ival

## Skills for my future

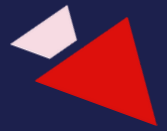
Clever chemicals  
Havoc in the home  
Put it out

## Know myself

Campfire cookout  
I'm worth it



# Skills builders



## Stage 1

Caring campers  
Kitchen-less cooking  
Packing problems  
Tent-tastic  
A bite-sized adventure  
Get the right kit  
Mend a friend  
Food for thought  
Play time  
Sing along, sign along  
Feeling fruity  
Safety superheroes  
Growing cups of kindness

## Stage 4

Camp cafe  
Fireside feast  
Stuck in the mud  
Tent beetle  
Conquer contours  
Get your snack on  
Wish you were here  
Written in the stars  
Take a moment  
Temperature terrors  
Under pressure  
Warm up work out  
Chop chop  
Baking: it's a science  
Nutrition mission  
Bucket list

## Stage 2

Can you see in the dark?  
Fighting fire  
Fire starter  
Get packing  
Tent detective  
Mapping it out  
Naughty elephants squirt water  
Call for a DR ABC  
Can you hear me?  
Help  
Lie back and recover  
What do we need?  
Good nights  
Use it to move it  
Can you hear me at the back?  
Fajita fun

## Stage 5

Camp adventure  
Healthy camp, happy camp  
Shelter sleepover  
Wild cooking  
G.P.Yes  
Root out the way  
Broken wild  
RICE RICE baby  
Seizures support  
Shocking help  
Feeling hot, hot, hot

## Stage 3

All pitch in  
Best fire for the job  
Night under the stars  
Waterproof  
Suss out the symbols  
Blazing burns  
Flexible first aid kits  
Think fast  
Build it with food  
Count bubbles not sheep  
Happy thoughts  
More motivated to move  
Sauce up your life

## Stage 6

Chief camper  
Need it? Build it  
No pans, no problem  
Ready for anything  
Bon voyage  
Decipher the direction  
Can you spot it  
Looking out for others  
Scenario sharing  
Shaping your scenarios  
Give time, make change