



Girlguiding Anglia Outdoor challenge pack



Introduction

This outdoor challenge has now been around for over 10 years and is still as popular as ever with leaders and girls alike. In 2021, we thought we would give it a refresh as part of Girlguiding Anglia's 50th Birthday and hope even more members from all sections take on the challenge. 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 one challenge from each of the five 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) if you are not sure if an activity you come up with is approved for Girlguiding members.

The badge

Once you have completed an activity from each of the 5 sections you can order your Outdoor challenge badge from our retail shop at girlguidinganglia.org.uk/products/outdoor-challenge-badge



Share the fun

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.

 /girlguidinganglia

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About the environment

• Make something that is dependent on the good old British weather. For example a weather vane, a sun dial, a rain gauge or just keep a simple chart of the weather for a week.

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

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

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

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

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

• See how many insects you can spot in your garden. Try and find out the names for some of the ones you don't know.

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

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

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

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

• Look closely around you and see if you can identify what animals have been there from the evidence they have left behind such as tracks, excrement, fur or feathers.

• Learn about bees and do something to help their survival.

• Build a snow sculpture or igloo.



Eating out

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

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

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

• Learn how to light a fire without using matches.

• Cook in a haybox or cardboard box oven.

• Cook pancakes over a tea light.

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

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

• Know how to safely use a Trangia and cook a meal.

• Cook a meal on an open fire without using utensils.

• Light a match safely.





Be prepared

• 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?

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

• Make a makeshift splint or stretcher.

• Understand how to read a timetable.



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

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

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

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



• Learn how to find north without using a compass.

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



Keeping active

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

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

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

• Learn some self-defence moves.

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

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

• Attend a sporting event and understand the rules.

• Take part in some skipping games.



Staying away

• Sleep out under the stars.

• Sleep somewhere other than a bed.

• Sleep in a hammock or a cardboard box.

• Pitch a tent or make a bedding roll blindfolded.

• Build a shelter and spend the night in it.

• Get up early to watch the sun rise.