



*An outdoor experience
for all sections.*

ANGLIA OUTDOOR CHALLENGE

An outdoor experience for all sections

To achieve your Outdoor Challenge badge, complete one challenge from five of the different areas. If you complete a further five challenges, you can achieve a second Outdoor Challenge badge.

Each area contains a variety of challenges, hopefully providing something appropriate for all ages and abilities. Maybe you can build them into your unit meeting, or a camp or holiday. Perhaps you could get your District or Division to participate in some of the challenges together. Your County Outdoor Activity Adviser or other advisers will be able to help if you have any queries about guiding rules or forms.

If you have your own ideas that fit into any of the areas, please feel free to use them, and let us know on your order form, so that we can see what everyone has been up to! If you want to take your Outdoor Challenge further, why not work towards an interest badge: (Holiday, Camper, Finding Your Way, Sports, etc.)

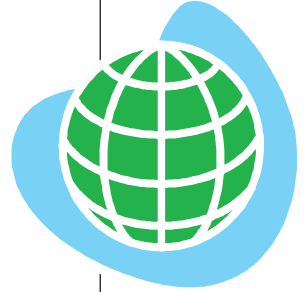
Most importantly of all, enjoy the Outdoors!

Liz Elmore

Girlguiding Anglia
Outdoor Activities Adviser

ABOUT THE ENVIRONMENT

- Make a weather chart, and keep a note of the weather for a week
- Learn the names of some star formations, and spend some time star gazing
- Visit a nature reserve.
- Go pond dipping and make a chart of what you find!
- Tidy up a local area and plant some flowers
- Make a kite and fly it
- Design your own instruments to measure the wind and the rain



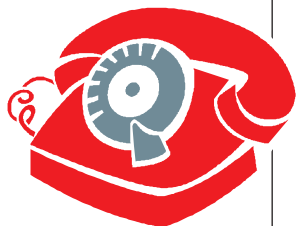
EATING OUT

- Go on a picnic with your unit
- Pack an energy lunch box for a hike
- Make a haybox and use it to cook a meal
- Have a go at backwoods cooking without utensils
- Eat a meal in an unusual outdoor location
- Have an outdoor Ready Steady Cook contest
- Find an expert to help you learn about wild foods and survival techniques
- Try using a Trangia to cook a meal



BE PREPARED

- Learn basic first aid, and make a personal first aid kit for using outdoors
- Learn to throw a life line
- Know how to make an emergency phone call
- Find out about one of the following: The Countryside Code, The Green Cross Code, Water Safety Awareness
- Visit one of the emergency services, or invite them to your unit meeting



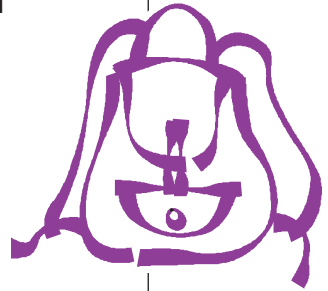
BE A GOOD SPORT

- Try a sport that you haven't played before
- Go swimming
- Organise a competition for younger girls to participate in
- Take part in a self defence class
- Challenge another unit to a match of your favourite team game
- Organise a mini-olympics competition
- Go to watch a sport being played by professional players
- Make up your own sport, and teach it to others
- Try skipping, and learn some skipping games and skills



EXPLORATION

- Visit a local place of interest (for example a castle, zoo, city farm . . .)
- Go on a journey using different types of transport
- Learn to use a map and compass and have a go at orienteering or hiking
- Go on a penny hike
- Make a map of your local area
- Learn to pack a rucksack for walking
- Follow a trail made of natural materials



ADVENTURE TIME

- Take part in an adventurous activity

There's loads to try . . .

archery, climbing, abseiling,

caving, shooting, skiing, kayaking,

sailing, windsurfing, surfing,

tobogganing, rafting, high ropes course,

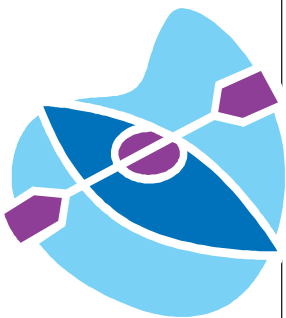
dragon boating, pioneering, horse riding,

fencing, go-karting, scuba diving, grass

sledging,

. . . or any thing else you can think of!

*Remember to check the Guiding Manual
for qualifications and rules*





STAYING AWAY

- Take part in a camp, holiday or sleepover
- If you are used to going away with guiding, why not try to stay overnight in an unusual location
- Make your own shelter
- Pitch a tent (blindfolded?)
- Take part in a cardboard box sleepout for a homelessness charity
- If you are a Guide or Senior Section member you could work towards gaining your Camp Permit

NATURAL WORLD

- Learn to identify some wild flowers or trees in your area, and make a guide for others
- Learn to identify the wild birds and animals in your garden, or local area
- Grow a bulb or some seeds
- Visit someone who looks after the natural world: beekeeper, park ranger, farmer . . .
- Make an ornament or decoration out of natural materials: wood, leaves, flowers . . .
- Find out about an organisation that looks after the natural world: RSPB, National Trust, BTCV . . .



REPORT

To achieve our Outdoor Challenge, we completed the following activities:

1

2

3

4

5

If you have any photos to share, please send them with your form, or email the files to the address below. Please ensure that you have permission for the photos to be used within guiding.

Return your report, form and payment to:

Anglia Outdoor Challenge
Girlguiding Anglia
7 Great Hautbois Road
Coltishall
Norwich NR12 7JN

BADGE ORDER FORM

Once your unit has completed their five challenges return this form to order your badges.

Unit

Rainbow / Brownies / Guides / Senior Section / Adult / Trefoil Guild

(Please circle)

County

Guider's name

Address where badges should be sent

.....

.....

.....Postcode

Phone or email in case of queries

Number of badges required at £1.00 each _____

Please add postage according to the number of badges you order:

1 - 3	= £0.40	51 - 100	= £2.45
4 - 30	= £1.10	101+	= £3.45
31 - 50	= £1.50		

Make your cheque payable to The Guide Association Anglia Region. Please give details overleaf of the challenges you have completed and send this page with your cheque to the address overleaf.

All profits will go to Hautbois, Girlguiding Anglia's Activity Centre.

Girlguiding Anglia is an operating name of the Guide Association Anglia Region. Registered Charity No. 278508.