

Hurray for Hiking Series

Ready to get outside and do some hiking?

Complete these activities on 2 separate hikes to earn a patch!



WHAT WILL I NEED?

- Directions found on the next pages
- At least 1 hiking buddy
- Good hiking shoes
- Water
- Sunscreen

WHERE SHOULD I GO?

You can head to any State Park to complete this series! Just make sure you follow the TN State Park rules found here:

<https://tnstateparks.com/about/keeping-visitors-healthy>

PARENTS CORNER

Please make sure to read the TN State Park rules before your girl starts her hike.


girl scouts
of middle tennessee

There's More!

INSTRUCTIONS

To earn your Hurray for Hiking Summer 2020 patch, complete the following requirements:

1. Complete at least 2 hikes at 2 separate Tennessee State Parks between May 18, 2020 and September 14, 2020.
2. On each of those hikes, complete 2 of the activities found on the next page. Try to do different activities on each hike!
3. Remember to follow all health and safety instructions from TN State Parks, including:
 - Don't visit if you're sick or were recently exposed to someone with COVID-19.
 - Practice social distancing and maintain at least six feet of separation between you and other visitors.
 - Don't travel long distances to visit state parks. Look for parks that are a short drive from your house.
 - If parks are full, consider coming back at a different time. Consider coming earlier in the day to allow for plenty of time if an area is full and you need to adjust your plans. Follow all park rules and regulations.



Activities For Your Hike

1. Learn about the Leave No Trace Principles by watching this video from GSUSA:
<https://www.youtube.com/watch?v=t0qqe7czlz8>.
2. Complete this Leave No Trace Awareness Course:
<https://Int.org/get-involved/training-courses/online-awareness-course/>
3. While you hike, find an object for every color of the rainbow.
4. Complete the ABC Scavenger hunt: While you hike, find objects that have a name that start with every letter of the alphabet.
5. Complete the Sound Scavenger Hunt, found here:
<https://gsmidtn.org/wp-content/uploads/2020/03/032320-SoundScavengerHunt.pdf>
6. Complete the Senses Scavenger Hunt, found here:
<https://gsmidtn.org/wp-content/uploads/2020/04/040620-SensesScavengerHunt.pdf>
7. Make a SWAP to remind you of your time on your hike. Create more than one SWAP so that you can share it with other Girl Scouts in the future.



GREAT JOB!

**Now that you have completed
the Hurray for Hiking Patch,
please fill out this form to
order your patch:**

**[https://forms.gle/Ag7rwV1Hkr
8hJLmo8](https://forms.gle/Ag7rwV1Hkr8hJLmo8)**