

OUTDOOR PROGRESSION

READINESS INDICATORS FOR PROGRESSION IN OUTDOOR ACTIVITIES

Girl Scout activities and trips are progressive. This will provide information to help you decide what type of activities your troop is ready to do. While its purpose is to plan outdoor activities, it also offers insight into expected group behavior for any trip.

Note: Physical and mental disabilities need not prevent girls from participating in most outdoor activities/skills.

TO MOVE OUT of the meeting place for hikes, field trips

- Can cope with new places without security of parent
- Follows instructions and willing to try new ideas
- Able to accept and carry out small simple tasks
- Able to work with buddy or members of group
- Has used kaper charts & has needed skills appropriate for activity
- Shows proper behavior:
 - knows ground rules
 - can report injuries

TO COOK OUT over an open fire during a day outing.

Emotional Readiness

- Wants to go
- Is not afraid to be in the out of doors without security of parents.
- Able and willing to work with buddy or small group -- can function as member of group
- Maturity and willingness to learn new skills and try new foods.
- Able to follow directions and carry out simple tasks.
- Doesn't always have to have own way.

Physical readiness

- Has stamina -- does not tire quickly
- Can control body functions.
- Has necessary skills/knowledge
- Can help in simple planning.
- Can follow kaper chart
- Can dress for outdoor activities
- Has experienced-proven ability

- Has satisfactorily followed directions
- Has been on a series of day outings.

TO SLEEP OUT in a cabin with indoor & outdoor cooking facilities *Emotional readiness*

- Is not afraid to be away from home/parents overnight (and parents are prepared to let daughter go!)
- Wants to go.
- Is willing to sleep, eat, play with all girls, not just with best friends.
- Can cope with unknowns:
 - strange places (including bathrooms)
 - woods, and night noises
 - spiders, bugs, worms
- Can cope with latrine
- Can manage with little or no privacy.
- Doesn't always have to have own way; can give in graciously
- Can function as a member of a group.

Physical readiness

- Has stamina; does not tire quickly.
- Strong enough to carry own suitcase, bedroll, bucket of water, pot of food, arm-load of wood, etc..
- Has necessary skills/knowledge (Leaders responsibility is to see that girls get sufficient practice with skills before overnight.)
- Can plan a simple trip.
- Can read and follow a recipe or a kaper chart.
- Can use kitchen implements: hand operated can opener, grater, peeler, paring knife.
- Can wash dishes, clean up kitchen/cooking area, and store food properly.
- Can collect wood, build a fire.
- Can clean a latrine.

Experience

- Has followed orders/instructions previously -- satisfactorily.
- Has been on a series of day trips or cookouts.
- Has practiced outdoor skills.

TO CAMP OUT one night or more in a tent

Emotional readiness

- Can be in close proximity with others and away from family for an extended period of time.
- Is able to endure some discomfort.

- Does not rely on having a snug home -- can cope with lightning/thunder, rain, wind, cold, heat, "bugs", night noises.
- Is willing to sleep without adult in close proximity.
- Is willing to try new foods.

Physical readiness

- Can carry troop and personal gear a distance.
- Has strength and coordination for planned activities: put up tents, use hammer or mallet, saw wood, withstand bad weather.

Skills/knowledge

- Handles sharp tools with care.
- Can pack and care for personal gear.
- Knows about, and can pack an appropriate sleeping system.
- Can fill, light and clean a kerosene lantern.

Experience

- Has practiced skills learned from several cookouts and cabin camping.
- Has demonstrated ability to pack and carry a knapsack/duffel bag; roll, tie a sleeping bag or bedroll

TO BACK COUNTRY CAMP in a primitive location (no shelter on site). Primitive camping is for the experienced girl and leader

Emotional readiness

- She wants to go.
- Can live without most comforts of an established campsite.
- Is willing to try new foods.
- Can cope with weather changes, animals and "unknowns".
- Accepts group responsibility and is flexible.
- Can manage with little privacy.

Physical readiness

- Can carry personal and group gear a longer distance.

Skills/knowledge

- Can pack and care for personal equipment showing knowledge of sleeping systems for various weather conditions.
- Demonstrates cooking skills and use of various fire/stoves.
- Can pitch/strike and care for a tent.

Experience

- Has practiced skills learned from campouts.
- Has worked with a buddy and demonstrates shared responsibility.
- Can function as a member of a group.

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