

# Be Brave Patch

Become more courageous and strong  
as you try something new outdoors!

To earn this patch, complete each step:

**Step 1. Discover Girl Scouts Outdoors.** Learn about all of the outdoor opportunities for girls your age.

- Visit [girlscouts.org](https://www.girlscouts.org) and search the Award and Badge Explorer to find NEW outdoor badges and the outdoor journeys.
- Visit [gsnetx.org/events](https://gsnetx.org/events) to find GSNETX outdoor events.
- Visit [gsnetx.org/camp](https://gsnetx.org/camp) to find GSNETX camp opportunities.
- Visit [gsnetx.org/programpartners](https://gsnetx.org/programpartners) to find GSNETX approved outdoor vendors.
- Visit [gsnetx.org/clubs](https://gsnetx.org/clubs) to learn more about outdoor special interest groups for teens.

**Step 2. Choose Something New Outdoors.** Find an outdoor badge, journey, activity or event that is new for you and decide to give it a try. Doing something new can be scary, but try your best and be brave!

**Step 3. Stay Safe and Be Prepared Outdoors.** Before you try anything new outdoors, check [gsnetx.org/safetycheckpoints](https://gsnetx.org/safetycheckpoints). Be sure to bring any tools or equipment that you may need and follow all of the instructions during activities.

**Step 4. Spread the Word.** Encourage your family and friends to get outdoors. Tell others about your outdoor experience. Adults and girls over 13 may share fun outdoor photos and stories on social media using **#BeBraveGS**

**Step 5. Plan for Next Year.** The Girl Scouts outdoor leadership experience is progressive. See page 2 for the GSUSA Outdoor Progression Chart. Make a plan to try something new next year. If you are graduating, make a plan for how you will continue to enjoy the outdoors as a Lifetime or Adult Girl Scout Member.

Once you have completed the requirements, please complete the online reporting form [surveymonkey.com/r/GSNETXpatches](https://www.surveymonkey.com/r/GSNETXpatches) by November 1, 2019. Only one entry per troop or Juliette is required.



# girl scouts

## Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

*The stages outlined in this chart are not aligned to Girl Scout Program Grade Levels. For example, Brownies can go from "Looking Out" to "Camping Out" before they bridge to Juniors.*

### Adventure Out

#### Plan and take an outdoor trip for several days.

Learn and practice a new outdoor skill.  
Learn a new outdoor cooking skill.

Develop first-aid skills and use safety check points.

Budget, schedule, and make arrangements.

Participate in an environmental service project.

Teach and inspire others about the outdoors.

Imagine new experiences to be had outdoors.

Practice all Leave No Trace principles.

Be Considerate of Other Visitors

Dispose of Waste Properly

### Camp Out

#### Plan and take a 1- to 2-night camping trip.

Take more responsibility for planning.  
Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Plan a food budget, then buy and pack food.

Practice campsite set up.

Plan an agenda that includes fun activities.

Explore/protect the surrounding environment.

Travel & Camp on Durable Surfaces

Minimize Campfire Impacts

### Sleep Out

#### Plan and carry out an overnight in a cabin/backyard.

Discuss what to pack for the sleep out.

Learn to use and care for camping gear.

Learn and practice new outdoor skills.

Plan a menu with a new cooking skill.

Discuss campsite organization.

Plan time for fun activities.

Respect Wildlife

### Cook Out

#### Plan and cook a simple meal outdoors.

Make a list of gear and food supplies needed.

Learn and practice skills needed to cook a meal.

Review outdoor cooking safety.

Practice hand and dish sanitation.

Create a Kaper Chart for the cookout.

Leave What You Find

### Explore Out

#### Plan and take a short and easy hike.

Discuss what to take in a day pack.

Dress for the weather.

Plan a healthy snack or lunch.

Learn how to stay safe in the outdoors.

Plan Ahead & Prepare

### Move Out

#### Plan and take a short walk outside.

Discuss being prepared for the weather.

Do activities to explore nature.

Plan and carry out an indoor sleepover.

### LEAVE NO TRACE PRINCIPLES:

### Meet Out

#### Step outside to look, listen, feel, and smell.

Share what was observed.

Learn more about what was discovered.

### Look Out

Share past experiences in the outdoors.

Talk about favorite outdoor places and why they're special.

Wonder what else can be seen in the outdoors.