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.

**Look Out**

- Share past experiences in the outdoors.
- Talk about favorite outdoor places and why they're special.
- Think about what else can be seen in the outdoors.

**Meet Out**

- Step outside to look, listen, feel, and smell.
- Share what was observed.
- Learn more about what was discovered.

**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.

**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.

**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.

**Sleep Out**

- Plan and carry out an overnight in a cabin/yard.
- Discuss what to pack for the sleep out.
- Learn to use and care for camping gear.
- Review outdoor cooking safety.
- Practice campsite organization.
- Plan time for fun activities.

**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.

**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.

**LEAVE NO TRACE PRINCIPLES:**

- Plan Ahead & Prepare
- Leave What You Find
- Minimize Campfire Impacts
- Dispose of Waste Properly
- Be Considerate of Other Visitors
- Respect Wildlife
- Travel & Camp on Durable Surfaces
- Minimize Campfire Impacts