

## HIKE

### AN INSTANT MEETING FOR GUIDES FROM THE BC CAMPING COMMITTEE

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You may choose to do some preparations leading up the meeting like discussing proper footwear, outdoor clothing (do some experiments to see which materials keep you warmer or dries quicker), snacks to pack (learn about the food guide and discuss the type of food your body needs when being active), etc.

This meeting plan is designed as a basic start guide to get you thinking about hiking and getting the girls outdoors during your meeting time. The hike could be around your neighbourhood or you could choose to meet somewhere special, like a local park/trail system, with your unit. Remember to follow Safe Guide at all times. You may also want to adapt this meeting to a day activity or series of hikes.

Remember to start working towards the BC Hiking Challenge and track yours and the girls' kilometers to earn the crest. Visit <http://bc-girlguides.org> and select Program > Challenges & Activities > Provincial Challenges to find the Hiking Challenge information.

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### Meeting Plan

- 5-10 min: Gathering: Mini Litter Chase
  - 5 min: Guide Opening
  - 5 min: What is a Hike?
  - 5-10 min: Preparation and Safety
  - 60-90 min: Hike
  - 5 min: Guide Closing
- 120 minute meeting. Approximate activity times shown.*

### Program Connections

#### Beyond You: Explore the Outdoors and Nature

1. Outdoor activity.

#### Beyond You: Learn About Our Environment

1. Explore the environment.

#### Related Interest Badges

Exploring, Hiking,  
Outdoor Adventures

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### Meeting Supplies

- gloves
- garbage bags
- hand sanitizer
- girls must be prepared to be outside, with proper footwear, clothing, hat, water bottle, etc.
- Optional supplies listed in "Ways To Spice Up Your Hike"

## Gathering: Mini Litter Chase

Collect any outstanding forms (if required) etc. from parents while the girls do an activity

Suggestion – do a quick community good turn and have the girls do a mini litter chase while everyone gathers.

### Supplies

- gloves
- garbage bags
- hand sanitizer

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## What is a Hike?

Have the girl's share their thoughts and ideas about what is a hike. Hikes come in all shapes and sizes.

It is important that everyone respects nature. Some simple rules are:

- don't pick plants or flowers
- don't break off branches
- stay on the existing path
- leave nothing and take only memories

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## Preparation and Safety

Discuss and follow-up with your unit about the following:

- Check to make sure everyone has appropriate footwear (laces are tied), is dressed for the weather, has a hat, water bottle, snack (if required), flashlight (if needed), etc.
- Discuss buddies, numbering system, circle of safety, Guiding sandwich, etc.
- Bathrooms out and about (does the group need a bathroom break before departing?)
- What to do before you go on a hike (tell someone where you are going, for how long, who is with you etc.)
- What to do if you get lost.
- Ensure your first aider has all forms, first aid kit, and emergency items like a whistle, waterproof matches, orange garbage bags, Kleenex etc. (See the Girl Guides Hike Gear List at the end of the document for a full list)

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## Hike

Remember to try the route before so that you can return on time or to check with someone who has taken the hike.

Make sure it is appropriate for the girls you are leading.

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## Ways To Spice Up Your Hike

### Hike 1: Scavenger Hike

Before the hike go along the trail and leave some things to be found and some natural ones already there. Make a list for the girls; for older girls let them go in groups; they check off the things they see and at the end of the hike compare the lists to see who saw everything. The things to be found can be in order as they are on the trail or put in random order.

### Hike 2: Take Cover

This is a game of camouflage. The girls walk along behind the Guiders. At various points along the trail where there are places to hide, the Guiders call out "Take Cover". The girls take 12 steps off the trail and hide. The Guider is counting to 12 while they do this. The Guider then turns around and without moving tries to find the girls, calling their names when she does and they come out of hiding. After a few minutes the others are called out and the hike continues until the Guider calls "Take Cover" again.

### Hike 3: Tree Identification

Give each girl pieces of paper (half sheet size) and a crayon. Along the hike call out names of trees and have the girls find it and then make a bark rubbing.

### Hike 4: Colour Hike

Gather some colour chips from a paint store. In groups of two or three have the girls look for things along the hike that are the colour of their chip. OR give each group of girls a coloured donut (circle of coloured paper with a round hole in middle) to place over the natural object they find of that colour to compare shades of colour.

### Hike 5: Camera Hike

Have the girls bring along cameras and take pictures of unusual natural shapes, trees, other girls, fun antics and, of course, the Guiders.

### Hike 6: Alphabet Hike

As you go along try to find things in nature that complete the alphabet from A-Z.

### Hike 7: Star Bright – Don't be afraid of the dark.

Take a starry hike from your meeting place or at a local park. Why not ask someone with a passion for astronomy to come and help you learn about the stars and how to get your direction without the sun.

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## Ready to Try Something Longer?

Once you have completed several mini hikes it time to challenge yourself and the girls. Try an afternoon or day hike. Not sure where to go? Check out hiking blogs on the internet or contact a local hiking club for appropriate trails for your group.

Prepare the girls by discussing what they will need to pack that will be different from the short hikes. Items such as rain gear, moleskin, additional snacks and/or packed lunch, and extra water may be required.

Remember to follow all the Safe Guide steps for planning and during the event.

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## **Want to Challenge the Older Girls?**

### **Option 1**

Borrow or rent some lightweight backpacking stoves and pack a meal. My favourite ideas are one pot macaroni and cheese with pre-cut veggie sticks, or pack your buddy burner and grilled cheese sandwiches. Have each girl carry a piece of the group meal/equipment. Plan your hike route so that there is a safe spot to stop and cook your meal. Remember to have the girls bring dishes/utensils with them.

### **Option 2**

Have the girls work in smaller groups to research and plan a hike. It could be a hike for your unit or for a younger unit. Let them plan the kit list and menu if applicable. Remember to double check it to make sure everything has been planned for.

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## **Looking for an Outdoor Community Service Project?**

Why not help to maintain a local trail or section of the trail. Check with your local park board or hiking clubs to find out how you can help out.

## DAY HIKE GEAR LIST

In selecting a daypack, ensure there is space for extra clothing, water, lunch and snacks. To keep your gear dry, line your backpack with a plastic bag. On a short outing, only a basic 'be prepared' kit is needed. When on a more adventurous hike with older girls, everyone should carry the 10 essentials (listed at the bottom of this sheet) and know how to use them.

Fall/Spring	Summer
<p><b>What to wear:</b></p> <ul style="list-style-type: none"> <li>• long pants</li> <li>• t-shirt</li> <li>• long-sleeved shirt</li> <li>• windbreaker</li> <li>• footwear (socks, running or hiking shoes or hiking boots)</li> </ul> <p><b>What to bring in a small backpack:</b></p> <ul style="list-style-type: none"> <li>• pair of warm gloves or mittens</li> <li>• warm hat</li> <li>• warm sweater (to wear over long sleeved shirt)</li> <li>• raincoat (waterproof)</li> <li>• rain pants or wind pants</li> </ul>	<p><b>What to wear:</b></p> <ul style="list-style-type: none"> <li>• sun hat</li> <li>• shorts</li> <li>• t-shirt</li> <li>• long-sleeved shirt</li> <li>• footwear (socks, running or hiking shoes or hiking boots)</li> </ul> <p><b>What to bring in a small backpack:</b></p> <ul style="list-style-type: none"> <li>• sweater</li> <li>• raincoat (waterproof)</li> <li>• rain pants or wind pants</li> </ul>
<p><b>Food:</b></p> <ul style="list-style-type: none"> <li>• water in a leak-proof water bottle</li> <li>• high energy snack – granola bars, dried fruit; avoid salting snacks as they increase thirst</li> <li>• lunch</li> </ul>	
<p><b>Miscellaneous:</b></p> <ul style="list-style-type: none"> <li>• cleaning wipes</li> <li>• sunscreen</li> <li>• bug repellent</li> <li>• sit-upon (optional)</li> <li>• camera (optional)</li> </ul>	
<p><b>Be Prepared Gear (10 Essentials)</b></p> <ul style="list-style-type: none"> <li>• map and compass</li> <li>• sunglasses and sunscreen</li> <li>• extra food and water</li> <li>• headlamp or small flashlight</li> <li>• first aid kit</li> <li>• fire making kit (lighter or matches, fire starter, strike paper in a waterproof container)</li> <li>• extra clothing (toque and gloves)</li> <li>• knife</li> <li>• foil emergency blanket or large orange or yellow garbage bag</li> <li>• whistle</li> </ul>	