## Trip & Outdoor Advisor Learning Matrix

At least one adult must take the online modules required for the activity they will be doing with girls.

Take our courses on the [Volunteer Learning Portal](training.gsnorcal.org)

**in-person course required

### Required Courses

<table>
<thead>
<tr>
<th>Type of Activity</th>
<th>Day Trips</th>
<th>Overnights</th>
<th>Cooking and Campfires</th>
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<td>Local field trips away from the regular meeting location*</td>
<td>X</td>
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| *Note*: for local field trips involving high-adventure activities, council approval and a First Aider are required—see Safety Activity Checkpoint

### Additional Forms

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### Type of Activity

**Day Trips**

- Local field trips away from the regular meeting location*
- Day trips farther than 60 miles or 6 hours in duration

**Overnights**

- Indoor overnight for 1-2 nights with indoor plumbing and electricity
- Outdoor overnight for 1 night close to home with indoor plumbing and electricity
- Camping trip farther from home without indoor plumbing and electricity for 1-2 nights
- Indoor overnights for 3-4 nights only in the following states (CA, NV, OR)
- Outdoor overnights for 3-4 nights only in the following states (CA, NV, OR)
- Indoor overnights for 5 or more nights anywhere nationally and internationally
- Outdoor overnights for 5 or more nights anywhere, nationally and internationally
- Backpacking with overnight camping

### Required Courses

- **Approved Girl Scout First Aider must attend**
- Trip & Outdoor Basics
- Sleep In
- Cook In
- Campfire
- Cook Out
- Sleep Out
- Camp Out
- Assessment
- Regional Travel
- **Extended Travel**
- **Backpacking**
- Activity and Event Permission Form
- Girl Health History Form
- Adult Health History Form
- Trip or High Adventure Approval Form
- Adult and Adult HIF with Physical
- Permission to Travel with Minors

### Additional Forms

- Trip or High Adventure Approval Form
- Adult Health History Form
- Trip or High Adventure Approval Form
- Adult and Adult HIF with Physical
- Permission to Travel with Minors

### Cooking and Campfires

- Anytime girls will cook indoors (no cook, stoves, ovens, etc.)
- Any trip involving fire and/or campfire (includes roasting marshmallows)
- Girls cook simple meals outdoors (no cook, one-pot, simple stick cooking, and solar cooking)
- Girls cook advanced meals outdoors (propane, charcoal, dutch/box oven)