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.

**Outdoor Progression Steps**

<table>
<thead>
<tr>
<th>Look Out</th>
<th>Meet Out</th>
<th>Move Out</th>
<th>Explore Out</th>
<th>Cook Out</th>
<th>Sleep Out</th>
<th>Camp Out</th>
<th>Adventure Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Share past experiences in the outdoors.</td>
<td>Plan and take a short walk outside.</td>
<td>Plan and take a short and easy hike.</td>
<td>Plan and explore a simple meal outdoors.</td>
<td>Plan and cook an overnight in a cabin/backyard.</td>
<td>Plan and carry out a 1- to 2-night camping trip.</td>
<td>Plan and take an outdoor trip for several days.</td>
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<tr>
<td>Step outside to look, listen, feel, and smell.</td>
<td>Discuss what to take in a day pack.</td>
<td>Discuss what to pack for the sleep out.</td>
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<td>Take more responsibility for planning.</td>
<td>Learn and practice a new outdoor skill.</td>
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<tr>
<td>Share what was observed.</td>
<td>Dress for the weather.</td>
<td>Review outdoor cooking safety.</td>
<td>Learn to use and care for camping gear.</td>
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<td>Learn and practice a new outdoor cooking skill.</td>
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<tr>
<td>Learn more about what was discovered.</td>
<td>Plan a healthy snack or lunch.</td>
<td>Practice hand and dish sanitation.</td>
<td>Plan a menu with a new cooking skill.</td>
<td>Practice hand and dish sanitation.</td>
<td>Plan a food budget, then buy and pack food.</td>
<td>Practice campsite set up.</td>
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<tr>
<td>Wonder what else can be seen in the outdoors.</td>
<td>Plan and carry out an indoor sleepover.</td>
<td>Create a Kaper Chart for the cookout.</td>
<td>Discuss campsite organization.</td>
<td>Create a Kaper Chart for the cookout.</td>
<td>Plan an agenda that includes fun activities.</td>
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**LEAVE NO TRACE PRINCIPLES:**

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

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