



# Trip, Activity and Training Progression

Following is the recommended progression for field trips, overnight stays, and outdoor activities, as well as the required training and paperwork. **Please note:**

- The adult who attends the training must also participate in the trip and/or activity.
- The trained adult should provide training to the girls prior to the trip and/or activity.

Annual Permission Slip No Trip Application Necessary	<b>Orientation: Getting Started</b> <span style="float: right;"><b>Pre-requisite: None</b></span>	First Aid recommended, but not required. Consult Safety-Wise® about specific activities.
	<b>Step 1:</b> While still in the meeting place, learn: <b>Look Out</b> <ul style="list-style-type: none"> <li>• What to wear outdoors and on field trips</li> <li>• Good manners</li> <li>• Buddy system</li> </ul>	
	<b>Step 2:</b> <ul style="list-style-type: none"> <li>• Move into the backyard or playground of your meeting place</li> </ul> <b>Meet Out</b> <ul style="list-style-type: none"> <li>• Use senses to look, listen, feel and smell</li> <li>• Use buddy system</li> </ul>	
Specific Event Permission Slip Trip Application to Service Unit Manager	<b>Step 3:</b> <ul style="list-style-type: none"> <li>• Visit a park within walking distance of your meeting place</li> </ul> <b>Move Out</b> <ul style="list-style-type: none"> <li>• Participate in council product booth sales</li> <li>• Take a sack lunch or snack and go on a short hike</li> <li>• Walk to a library or fire station during the troop meeting time</li> <li>• Bake cookies at the leader's house</li> <li>• Drive no more than 1 hour one way toward an activity (e.g., aquarium, museum, local Girl Scout events); always check the Activity Checkpoints in Safety-Wise for training requirements</li> </ul>	First Aid (Level 1) may be required; consult Safety-Wise®
	<b>Basic Leadership: Core</b> <span style="float: right;"><b>Pre-requisite: Getting Started</b></span>	
	<b>Age-Levels Courses</b> <span style="float: right;"><b>Pre-requisite: Getting Started &amp; Basic Leadership: Core</b></span>	
Specific Event Permission Slip Trip Application to Council	<b>Stepping Out *</b> <span style="float: right;"><b>Pre-requisite: None</b></span>	First Aid (Level 1) is required; consult Safety-Wise®
	<b>Step 4:</b> <ul style="list-style-type: none"> <li>• Travel more than 1 hour in one direction, but less than 250 miles from the council office</li> </ul> <b>Explore Out</b> <ul style="list-style-type: none"> <li>• Prepare a simple no-cook outdoor meal</li> <li>• Plan a meal, prepare it and clean up in an indoor setting without using a barbecue or fireplace</li> <li>• Have a 1 or 2 night overnight at a scout house, leader's house, or with an organized group (e.g., Bonfante Gardens, San Francisco Zoo) where girls do not cook outdoors or use a campfire to roast marshmallows</li> </ul>	
	<b>Beginning Troop Camping *</b> <span style="float: right;"><b>Pre-requisite: Stepping Out</b></span>	
Specific Event Permission Slip Trip Application to Council	<b>Step 5:</b> <ul style="list-style-type: none"> <li>• Plan a cooked outdoor meal or snack</li> </ul> <b>Cook Out</b> <ul style="list-style-type: none"> <li>• Use a camp stove or barbecue (gas or charcoal)</li> <li>• Build a campfire and cook marshmallows or S'mores</li> <li>• Bake with a Dutch oven or box oven</li> </ul>	First Aid (Level 1) is required; consult Safety-Wise®
	<b>Step 6:</b> <ul style="list-style-type: none"> <li>• Teach outdoor skills</li> </ul> <b>Camp Out</b> <ul style="list-style-type: none"> <li>• Plan a camping trip of up to 2 nights and learn all skills required</li> <li>• Set up a tent and sleep outdoors</li> <li>• Learn maps and compass skills</li> <li>• Teach and practice Leave-No-Trace</li> </ul>	
	<b>Backpacking *</b> <span style="float: right;"><b>Pre-requisite: Stepping Out, Beginning Troop Camping</b></span>	
Specific Event Permission Slip Trip Application to Council	<b>Step 7:</b> <ul style="list-style-type: none"> <li>• Teach and practice advanced camping skills</li> <li>• Use advanced maps and compass skills</li> <li>• Backpack overnight</li> </ul>	First Aid (Level 1) is required; consult Safety-Wise®
	<b>Trips and Travel *</b> <span style="float: right;"><b>Pre-requisite: Stepping Out</b></span>	
	<b>Step 8:</b> <ul style="list-style-type: none"> <li>• Travel more than 3 nights</li> </ul> <b>Travel Out</b> <ul style="list-style-type: none"> <li>• Travel more than 250 miles from the council office</li> <li>• Restricted to girls in grades 6 and above (Junior troops may be considered on a case-by-case basis)</li> <li>• If camp-traveling, must also take Beginning Troop Camping and First Aid (Level 2)</li> <li>• For international travel, must take International Travel by special arrangement with the council office</li> <li>• All trips in this category must be approved by the council office 3 months prior to departure</li> </ul>	

\* Volunteer for this course does not need to be the troop leader. Any registered adult may take the training, but must also commit to training the girls before the trip and/or activity **and** participate in the trip and/or activity.