

# Troop Activity Guide

# Activity Planning Checklist

- Girls generate a list of ideas they would like to do.
- Discuss activity opportunities and research ideas, including Service Unit and [Compass](#) activities.
- Girls decide by vote or using troop government to choose an activity.
- Adults and girls refer to applicable sections of [Volunteer Essentials](#) and the [Safety Activity Checkpoints](#).
- Girls research cost and money-earning potential and develop an activity budget.
- If GSME permission is needed, submit the [Troop Activity Form](#) and distribute [Parent Permission Forms](#).
- Adults take additional training as required.
- Secure enough GSME registered, approved drivers and helpers to meet the required girl/adult ratios.
- Once approval is obtained, proceed in booking the activity.
- Plan and participate in troop money-earning activities as needed. All non-council sponsored money-earning activities must be approved.
- Collect signed [Parent Permission Forms](#), as needed. Bring these with your girls' [Annual Permission Forms](#) and [Confidential Health History Forms](#), with your first aid kit, along on the activity.
- Purchase additional insurance, as needed, at least 2 weeks prior to the activity. To purchase additional insurance contact [customercare@gsmaine.org](mailto:customercare@gsmaine.org)
- Have FUN on your adventure!

As a troop, evaluate the experience:

- What did you enjoy?
- What would you change?
- What did this trip make you think about or want to try?

# Planning Pieces



On the Activity Planning Checklist, items are generally in the order your troop will do them to plan. Below, the same items are grouped by type to make for easy delegation or patrol-based planning. Headings refer to sections of this guide. Go for it!

## **Girl-led Planning:**

- Girls generate a list of ideas they would like to do.
- Discuss activity opportunities and research ideas, including Service Unit and Compass activities.
- Girls decide by vote or using troop government to choose an activity.

## **Council Approval:**

- Check the Activities At-A-Glance to see if you need additional approval
- If GSME approval is needed, submit the Troop Activity Form and distribute Parent Permission Forms.
- Once approval is obtained, proceed in booking the activity.

## **Troop Money Earning:**

- Girls research costs & money-earning potential to develop an activity budget.
- Plan and participate in troop money-earning activities as needed. All non-council-sponsored money-earning activities must be approved.

## **Safety:**

- Adults and girls refer to applicable section of Volunteer Essentials and the [Safety Activity Checkpoints](#).
- Find experts as required.
- Adults take additional training as required. Include girls in training depending on age/maturity.

## **Girl/Adult Ratios:**

- Secure enough GSME registered, approved drivers and helpers to meet the require girl/adult ratios.

## **Forms and Things to Remember:**

- Collect signed Parent Permission Forms, as needed. Always, bring these with your girls' Annual Permission Forms, Confidential Records, and First Aid kit along.
- Purchase additional insurance, if needed, at least 2 weeks prior to the activity.
- Have FUN on your adventure!
- As a troop, evaluate the experience:
  - What did you enjoy?
  - What would you change?
  - What did this trip make you think about or want to try?



# Girl-led Planning



Taking trips is one of the many ways troops can Discover, Connect, and Take Action. Traveling with your troop progresses with the girls, perhaps starting with a hike outside your meeting place and then progressing to overnight camping, to a visit to Boston or New York, and ultimately a long excursion to one of the four World Centers of Girl Scouting in India, Mexico, London, or Switzerland!

## When planning trips, it is important to keep a few points in mind:

- The trip should meet the needs and interests of the girls and be appropriate for the age group.
- All Volunteer Essentials and Safety Activity Checkpoint procedures must be strictly followed. Share them with the girls so they understand.
- All volunteer drivers and adult helpers must be registered members and approved GS volunteers.
- Plan Ahead: Approval may take two weeks or longer.

## Girl-led Planning

Girls of all ages have ideas of places they want to go. Through their progression of maturity, experience, and skills, girls will learn to research, budget, earn money, and put together an itinerary for their trips.

Start a discussion with girls using these questions

- What could we do?
- Where could we go?
- When?
- How will we get there?
- How much will it cost?
- How should we get ready?
- What will we do along the way?

**Handy  
tool tip:**  
Bull's Eye  
Planning

The **girls plan** the trip, not just the adults.

The adults get to offer guidance, encouragement, and support **without** doing it for the girls.



Even Girl Scout Daisies can brainstorm a list of ideas. Juniors can make phone calls to find out admission fees and hours of operation. Seniors can make airline reservations. Sometimes it will be challenging or even scary for them, and **they may need more help the first time or two, but gently step back as they build those skills and understanding.** Let the girls take leadership roles in planning and carrying out their trip, offering support only as needed. Encourage them that they can do it and help them practice and prepare. That might be rough for you at first, but you'll get it with practice. #Progression4All! :)

# Approval & Money-Earning



**Council approval** must be obtained for the following activities within the stated timeline:

- Money-earning beyond council-sponsored sales—3 weeks prior to activity
- Day trips outside of Maine—2 weeks prior to trip
- High-Risk Activities—4 weeks prior to activity
- Overnight trips—4 weeks prior to trip
- Trips lasting 3 or more nights—3 months prior to trip
- Canada trips—6 months prior to trip
- International trips—2 years prior to trip



**To obtain council approval, please submit the [Troop Activity Form](#).**

**NOTE:** This additional approval is NOT required for regular day trips within Maine or for participation in any GSME-sponsored events because you have the completed [Annual Permission Forms](#). Hurray!

When the form is submitted, troops will receive an email or call within 2 weeks giving one of three answers:

1. Activity is approved—no further steps are required.
2. Activity is tentatively approved—email will describe additional steps.
3. Activity is not approved—email or call will explain why.

Once some type of approval is granted, troops may start booking the trip. If plans change, please email the updates to the person who contacted you or submit an updated Troop Activity Form. Please keep in mind these requirements:

- Daisies must complete Kindergarten to stay overnight and only within Maine.
- All drivers & adult helpers must be registered, approved Girl Scout volunteers.
- Troop Leaders are always responsible for meeting all safety guidelines.

## Troop Money-Earning

**Brownie and older troops wishing to conduct a money-earning activity must participate in the Fall Product Sale Program and the Girl Scout Cookie Sale Program.**

Money-earning activities must adhere to GSME policies, be age and skill appropriate, be properly supervised, and be decided on with girl input and leadership. The following are examples of approved money-earning activities:

- Bottle drive
- Clynk account
- Bake sale
- Car wash
- Yard sale
- Craft fair
- Holiday babysitting
- Spaghetti supper
- Gift-wrapping booth

Games of chance and selling another organization's product are never allowed for money-earning activities. Girl Scouts do not ask for money. Girl Scouts do not raise money for other organizations; however, troops may make a donation part of their annual budget. To hold a money-earning activity, **troops must submit a [Troop Activity Form](#)**, with sections D & E completed, 3 weeks prior to the activity.

# Safety & Girl/ Adult Ratios



## Good planning makes for successful and safe activities!

When girls are included in the planning process, they will appreciate it more and take responsibility for enforcing the safety procedures. As a troop volunteer, you guide the group to ensure their plans are appropriate for the girls' age, experience, and skill level.

**Before planning any activity, you are responsible for reviewing the following resources:**


### Volunteer Essentials

This is a key reference with basic program activity guidelines, assuring positive experiences for girls.

### Safety Activity Checkpoints

These provide specific [checklists](#) for participating in various activities. They should be reviewed with all girls and adults prior to the activity.

## Girl/Adult Ratios

	Group Meetings		Events, Travel and Camping	
	Two approved, registered, trained, unrelated adults (at least one of whom is female) for this number of girls:	Plus one additional approved, registered and trained adult for each additional number of this many girls:	Two approved, registered, trained, unrelated adults (at least one of whom is female) for this number of girls:	Plus one additional approved, registered adult for each additional number of this many girls:
GS Daisies (grades K-1)	12	1-6	6	1-4
GS Brownies (grades 2-3)	20	1-8	12	1-6
GS Juniors (grades 4-5)	25	1-10	16	1-8
GS Cadettes (grades 6-8)	25	1-12	20	1-10
GS Seniors (grades 9-10)	30	1-15	24	1-12
GS Ambassadors (grades 11-12)	30	1-15	24	1-12

## Approved Adults

All of us who've been Girl Scout Volunteers know what a rewarding experience it is and how much responsibility is associated with it. That is why we insist that troops maintain proper girl/adult ratios during all Girl Scout activities. Adults accompanying the troop need to remember to be patient, flexible, and to use good judgment. All need to understand their responsibilities during the trip clearly, including that they are present for ALL of the girls in the troop, not just their own daughter. That is why all adults driving or participating in overnight trips must be registered members and approved volunteers. Allow at least 2 weeks for adult approval to be complete.

**In this guide, we refer to trained, registered, approved troop volunteers as Troop Leaders.** This means, a Troop Leader has completed at least both Troop Volunteers, part 1 **and** part 2, or their equivalents.

Additional insurance should be purchased to cover non-member parents/adults who attend to assist with occasional activities. Reminder: all troop volunteers must be registered members of GSUSA.

## Forms and Things to Remember for Safety

These forms and policies are in place to protect **the girls and you**, the adult volunteers. Please take time to review, discuss, and complete these with your troop at least once a year and prior to each activity.

### Annual Permission Form

At the beginning of the year or when a girl joins your troop, ask her parents/guardians to complete the [Annual Permission Form](#). This form gives your Troop Leaders permission to take each girl on day trips and non-high-risk, activities occurring in Maine as well as to GSME-sponsored events. It also gives you permission to include her in product sales activities and to provide emergency medical treatment for her. You will keep a copy with the Confidential Health History form and your First Aid kit. **Please Note:** Parents/ guardians have the option to select “No” for this blanket permission, which will require you to use the [Parent Permission Forms](#) for each activity.

### Photo Permission Form

When parents register their girls, they may give Girl Scouts permission to use photos of their girls, but as a Troop Volunteer, you won't be able to see that permission, so if you plan to take pictures of the girls to post on social media or in the newspaper, please have parents complete a [Photo Permission Form](#).

### Confidential Health History

At the beginning of the year, ask parents to complete a [Confidential Health Record](#) for each girl and for themselves if they are registered volunteers.

- You will keep these forms behind each girl's Annual Permission Form in your First Aid kit.

### Emergency Contact

Whether you need to submit a Troop Activity Form or not, please designate an emergency contact person who will remain near home during the trip. This person is NOT attending the trip.

- Leave a list of names, phone numbers, emergency contacts, and other vital information of all people going so the Emergency Contact can reach you or the girls' families in an emergency. A copy of the troop roster with highlights for those attending may work.
- Leave a complete itinerary, including contact numbers for attractions, campgrounds/hotels, etc.
- Leave your planned route of travel, along with basic vehicle information; for example, we have three cars, a silver Honda CR-V, a red Prius, and a green Subaru Forester.

### First Aider

GSME recommends Troop Leaders become CPR/First Aid certified. A current, certified first aider is required for all high-risk activities and activities lasting longer than 7 hours. Please review Volunteer Essentials and the Safety Activity Checkpoints for requirements.

### First Aid Kit

When Girl Scout adults are with girls, we carry a troop first aid kit. This includes supplies to take care of basic first aid needs as well as critical troop paperwork—Annual Permission Forms and Confidential Health History forms for each troop member, as well as a copy of the [Accident/Illness Form](#), and the [Basic Insurance/Additional Insurance](#) (as needed) forms.



# Safety



## Overnight Safety

To ensure safety in sleeping areas, please follow these guidelines:

- Each participant has her own bed. You must have a signed parent permission form that clearly states girls will be sharing beds if that is a possibility.
- Adults and girls never share beds.
- Adults are registered with a completed background check, at least two of whom are Troop Leaders.
- We recommend that adults not sleep in the same sleeping area with girls (tent, cabin, hotel room, designated area). However, if one female adult does need to share the sleeping area, two or more unrelated adult females must be present.
- If men are participating, they require a separate sleeping area and bathroom facility provided for them.

## Parent Permission Form

Any time your troop must complete a Troop Activity Form, you also need to provide parents/guardians with the Parent Permission Form.

## Photo ID

Each girl or adult traveling out of state must have a photo ID. Individuals or troops may make their own IDs. They must include a picture, the girl's name, and Emergency Contact name and number. The Troop Leaders keep a copy of each girl's photo ID for the duration of the trip.

## Sensitive Issues

Girl Scouts is an inclusive organization, welcoming girls and families from a wide spectrum of cultures. In order to be contemporary and responsive to girls' needs, some Girl Scout activities focus on subjects that may be considered sensitive in nature. There is no definitive list of sensitive issues, but below we have listed some possible examples. Please keep in mind that what is considered a sensitive issue in some families, communities, or school districts, may not be in others.

When girls plan to discuss sensitive topics, use the [Parent/Guardian Permission for Sensitive Issues Form](#) to let parents/guardians know and to receive their approval. If the conversation comes up unexpectedly, please notify parents/guardians as soon as possible to help them understand what was discussed, the context, and how the group processed it.

### *Examples of sensitive issues:*

- **Child Abuse:** information about types of abuse, including sexual abuse or molestation; danger awareness, and personal safety.
- **Puberty/Human Sexuality:** information about the physical and emotional changes that come with puberty; personal hygiene, teen pregnancy.
- **Religion:** discussion of religion among girls.
- **Substance Abuse:** drug awareness activities/education, including tobacco and alcohol.
- **Suicide:** recognizing the warning signs of plans for suicide; how to react/what to do; suicide prevention; and dealing with depression.
- **Violence:** rape/date rape, sexual harassment; school violence, family violence.



## Van Rental

Troops might need to rent vehicles. Please keep the following in mind when renting cars or vans:

- Girl Scouts/troops are never allowed to rent or use 15-passenger vans.
- Troops may rent 12-person vans only if the drivers have proven experience using these vehicles.
- Submit your Troop Activity Form for approval.
- Request a GSME Vehicle Rental Agreement or download from the GSME website.
- Meet with a reputable rental company. Purchase Collision Deductible Waiver Coverage as offered by the rental company.
- Complete the GSME Vehicle Rental Agreement, with the rental company's signature, at least 3 weeks prior to your activity.
- Drivers must be 21 years of age or older, possess a valid driver's license, and be an approved, registered Girl Scout adult volunteer.
- GSME gives our insurance company the drivers' names and information, and the company orders a motor vehicle report for each driver.
- If your driver is not approved by the insurance company, you will be notified and asked for more information or a new driver.
- Upon approval, you will receive a signed copy of your GSME Vehicle Rental Agreement.

## Tagalongs

Tagalongs are siblings and friends, both boys and girls, who come with parents/guardians to a Girl Scout event. They are not covered by Girl Scout insurance, and they distract from the actual Girl Scout members' experience, so they should not be attending and/or participating in Girl Scout program activities. FMI: See "Additional Children" below.

## Transporting Girls

Each family has the responsibility to decide how to transport their own girls to and from the Girl Scout meeting place. For troop activities outside of the normal time or place, when girls will be transported by private vehicle, please follow these guidelines:

- Ensure that every driver is a GSME registered, approved adult volunteer, with a good driving record, a valid license, and a registered/insured vehicle.
- Ensure each driver is 21 years or older. Girls may not drive other girls.
- If a group is traveling in one vehicle, make sure that at least two unrelated, approved, registered adult volunteers are in the car, at least one of whom is female, and girl/adult ratios are met.
- If a group is traveling in more than one vehicle, the entire group must include at least two unrelated Troop Leaders, at least one of whom is female, and the girl/adult ratios must be followed. Care should be taken that no single car with a single adult driver is separated from the group for an extended length of time.

## Troop Activity Form

If your troop plans to take a trip outside of Maine, to participate in a High-Risk Activity, to take an Overnight Trip, or to participate in a money-earning activity outside of the Fall Product Sale or the Girl Scout Cookie Sale, your troop must submit the Troop Activity Form with the appropriate sections completed.

- For all day trips outside of Maine, complete sections A & E.
- For all Overnight Trips, complete sections A, B, & E.
- For all High-Risk Activities, like swimming, zip-line, rafting, complete sections A, C, & E
- For all additional Money-Earning Activities, complete sections D & E. When you need to submit a Troop Activity Form, also provide families with a parent permission form.

# Examples & Clarification



## Activities

Troop Activities include many types of trips with the Girl Scout troop and their approved, registered adult volunteers. At least two of these volunteers must be GSME trained, unrelated Troop Leaders.

- Approved Adult Volunteers are registered Girl Scout members who have successfully completed the background check and received a congratulatory email from GSME.
- Each Adult Volunteer is responsible to ensure that the Safety Activity Checkpoints and Volunteer Essentials are followed for each activity.
- Each troop member's Annual Permission Form will cover your troop on day trips within Maine (lasting less than 7 hours including the drive) and participation in council-sponsored events, unless girls will participate in High-Risk activities. Examples:
  - A visit to the library
  - The Harvest Moon Walk at the Maine Wildlife Park
  - Maine Maple Sunday tour
  - A trip to Portland to practice with public transportation.
- If girls will participate in High-Risk activities, overnight activities, or day trips outside of Maine that are not sponsored by GSME, you need to provide families a specific Parent Permission Form and to submit a Troop Activity Form prior to the activity. Please see the Troop Activity Approval At-A-Glance chart for your submission timeline.

**Examples:** Swimming Horseback riding Rock climbing

- If non-member adults/parents attend troop activities, the troop needs to purchase additional insurance to provide coverage. Option 2: invite them to join Girl Scouts as a member!

## Additional Children at troop or service unit events or meetings

Non-Girl Scout children or those Girl Scouts in another age group are considered Tagalongs. Troops and Service Units may consider two options:

1. Set up a supplemental, supervised unit and purchase additional insurance through GSME. This means you have an approved, registered adult who watches the tagalongs in a separate room or area. This adult is separate from the adults responsible for girls in the troop and fulfilling girl/adult ratios
2. Tagalongs do not attend.

## Money-Earning Activities

If your **Girl Scout Brownie or older troop** needs to earn money beyond what it earned during the Fall Product Sale Program and the Girl Scout Cookie Sale Program to meet its activity goals, the troop needs to apply for approval.

- Girl Scouts do not ask for monetary donations.
- Girl Scouts do not use games of chance to raise money.

**Examples of approved additional money-earning activities include a bottle drive, a yard sale, a car wash.**

- Submit a Troop Activity Form with sections D & E completed 3 weeks prior to the activity.

## Overnight Activities: 1-2 nights

For a simple overnight trip, like a sleepover at your meeting place or camp-out:

- Submit a Troop Activity Form with sections A, B, & E completed one month prior to the activity.
- Provide parents with copies of the Parent Permission Form. Collect signed approvals.
- Ensure appropriate girl/adult ratios with at least two Troop Leaders present.
- All adults are registered members with completed background check.
- If it is a camp-out, at least one approved, registered adult volunteer who will be working with the troop prior to the activity and attending the activity must also complete Troop Camp Training, parts 1 and 2.

## Overnight Activities: 3 or more nights

For trips lasting 3 or more nights, like a long weekend in Boston, a week in Washington DC, or a week camping at the Wisconsin Dells:

- At least one approved, registered adult volunteer who will be working with the troop prior to the activity and attending the activity must complete the training *Let's Go: Trips Lasting 3 Nights & Longer*. Girls 11 and older can also participate in this class in addition to at least one adult.
- Submit a Troop Activity Form with sections A, B, & E completed three months prior to the activity.
- Provide parents with copies of the Parent Permission Form. Collect signed forms.
- Ensure appropriate girl/adult ratios with at least two Troop Leaders present.
- Ensure appropriate progression for all troop members.
- All adults are registered members with completed background checks.
- If it is a camp-out, at least one approved, registered adult volunteer who will be working with the troop prior to the activity and attending the activity must complete Troop Camp Training, parts 1 & 2.



# Progression

*(Saving the best for last!)*



**Girl Scout Daisies and Girl Scout Ambassadors have very different skills and interests.** They have different life experiences and different needs for opportunities, support, and guidance. That is why we use the idea of Progression, the idea that **we meet people where they are and help them grow to where they want to be.** How we work with the girls to help them discover, connect, and take action will vary depending on where our specific girls are.

**Progression shows up in everything** from running troop meetings to travel. It helps to practice it, and even to point it out, all along. For example, one of our key processes in Girl Scouts is “girl-led,” which maximizes girls’ learning and development in their activities. However, people ask, “What can a Daisy lead?”

## **I’m glad you asked!**

Anyone who has experienced three days of kindergarten has some **keen insight into what makes a meeting run;** so, the girls can brainstorm a short list of group agreements to help the meetings work. Then, after three troop meetings, every girl will know how the meeting starts and ends because those are traditions you will do the same way every time. Daisies also know how to direct clean up and collect or pass-out materials. So, the girls can take turns on the Kaper Chart as the person who leads each of those parts of the meeting.

**With the help of your Kaper Chart,** girls will see and experience their own leadership. If you support that by making positive comments, like “Wow, Jade, you spoke so clearly when you led the Girl Scout Promise,” or “Thank you, Charlotte, for helping everyone clean up after our project. The way you made sure everyone found her scraps showed good leadership in our cleaning up,” then you will help the girls recognize when they are taking responsibility in the group and helping to make the world a better place. **You are key.**

Another example of progression is around another of our key processes: **learn-by-doing.** Different humans have different physical abilities. The [Safety Activity Checkpoints](#) are designed with that in mind to help you discern when your troop is ready for some activities and how to help them prepare.

**For example,** if girls want to explore caves, they look at the Safety Activity Checkpoint and see right away that spelunking is for Juniors and older. Daisies and Brownies will be able to look forward to doing that when they’re older.

Or suppose the girls going spelunking are Senior Girl Scouts who have never been before. Just because they’ve been old enough to do it for 5 years doesn’t mean you would just set them loose in a cave. They would go through all of the basics and follow the guidance of your experts. In fact, if you had experienced spelunkers who were Junior Girl Scouts going along with your inexperienced Seniors, the Juniors would take the lead around the skills and understanding of spelunking!

**As you work with your troop to plan activities,** remember to think about your girls. They won’t learn how to do the things you always do for them. **Help them learn by providing the examples, opportunities, and support to discover.** Your whole troop will see that very few activities are “Nevers,” but many do involve progression and the preparation associated with each to make for a fun, safe, and satisfying experience for all.

# Troop Activity Guide At-A-Glance

Activity	Age Level	Examples	Requirements	Council Approval Required	When to file
<p><b>Day trips</b> within Maine, up to 7 hours, including the drive, no high-risk activities</p> <p><b>Council-sponsored Events</b></p>	All	<ul style="list-style-type: none"> <li>• A trip to local fire department</li> <li>• Tea at Victoria Mansion</li> <li>• Sleepover at the children's museum</li> <li>• GSME trip to Strawberry Banke</li> </ul>	<p><b>ALWAYS REQUIRED:</b></p> <ul style="list-style-type: none"> <li>• Annual Permission Forms</li> <li>• Health History Forms</li> <li>• <b>TWO UNRELATED LEADERS WHO HAVE COMPLETED Troop Volunteers, parts 1 &amp; 2</b></li> </ul> <p>Necessary age &amp; progression for distance (True for ALL Trips)</p> <p>Follow process for registration</p>	No	N/A
<p><b>Money-earning</b>, beyond Council-sponsored sales</p>	Brownies & older	<ul style="list-style-type: none"> <li>• A car wash</li> <li>• A yard sale</li> </ul>	<ul style="list-style-type: none"> <li>• Troop Activity Form, sections D&amp;E</li> </ul>	Yes	3 weeks prior
<p><b>Day trips outside Maine</b>, up to 7 hours, including drive</p>	All	<ul style="list-style-type: none"> <li>• A picnic &amp; tour at Campobello</li> <li>• The Renaissance Faire in NH</li> <li>• An afternoon at the Franklin Zoo</li> </ul>	<ul style="list-style-type: none"> <li>• Troop Activity Form, sections A&amp;E</li> <li>• Parent permission Forms</li> </ul>	Yes	2 weeks prior
<p><b>High-Risk Activities</b></p>	All	<ul style="list-style-type: none"> <li>• Roller-skating</li> <li>• Swimming</li> <li>• Horseback riding</li> </ul>	<ul style="list-style-type: none"> <li>• First Aider</li> <li>• Troop Activity Form, sections A&amp;E</li> <li>• Parent Permission Forms</li> </ul>	Yes	4 weeks prior
<p><b>Overnight Trips</b></p> <p>**Daisies must complete Kindergarten to sleep over &amp; only within Maine**</p>	All	<ul style="list-style-type: none"> <li>• A meeting place sleep over</li> <li>• A Service Unit Camporee</li> </ul>	<ul style="list-style-type: none"> <li>• First Aider</li> <li>• Troop Camp Trained Adult, if outdoors</li> <li>• Troop Activity Form, sections A,B,&amp;E</li> <li>• Parent Permission Forms</li> </ul>	Yes	4 weeks prior
<p><b>Trips, lasting 3+ Nights</b></p> <p>New England, new York, and nearby within the Canadian Provinces adjacent to Maine</p>	Juniors & older	<ul style="list-style-type: none"> <li>• A week camping in the White Mtns</li> <li>• A Troop Trip to NYC</li> </ul>	<ul style="list-style-type: none"> <li>• First Aider</li> <li>• Troop Camp Trained Adult, if outdoors</li> <li>• Let's Go: Trips, 3 Nights &amp; Longer class</li> <li>• Troop Activity Form, sections A,B,&amp;E</li> <li>• Parent Permission Form</li> <li>• Additional Insurance</li> </ul>	Yes	3 months prior
<p><b>Trips, lasting 3+ Nights</b></p> <p>The United States, Canadian Provinces adjacent to Maine</p>	Cadettes & older	<ul style="list-style-type: none"> <li>• A Troop Trip to Washington, D.C.</li> <li>• A Troop Trip to Orlando</li> <li>• Hiking in the Grand Canyon</li> <li>• A Troop Trip to Quebec City (6 months prior)</li> </ul>	<ul style="list-style-type: none"> <li>• First Aider</li> <li>• Troop Camp Trained Adult, if outdoors</li> <li>• Let's Go: Trips, 3 Nights &amp; Longer class</li> <li>• Troop Activity Form, sections A,B,&amp;E</li> <li>• Parent Permission Form</li> <li>• Additional Insurance</li> </ul>	Yes	3-6 months prior
<p><b>International Trips</b></p>	Seniors & older	<ul style="list-style-type: none"> <li>• A Troop Trip to Our Cabana</li> <li>• A Troop Trip to London &amp; Paris</li> </ul>	<ul style="list-style-type: none"> <li>• First Aider</li> <li>• Troop Camp Trained Adult, if outdoors</li> <li>• Let's Go: Trips, 3 Nights &amp; Longer class</li> <li>• Troop Activity Form, sections A,B,&amp;E</li> <li>• Parent Permission Form</li> <li>• Additional Insurance</li> </ul>	Yes	2 years