

Girl Scouts of Maine G.P.S (Guide Play Sheet) for the Outdoors

Ever get lost on where to start getting ready for the outdoors-before you even get out the door? Check out these resources and consider using some of them before you go.



What to Wear (and how to prepare)



- **Winter Layering Guide** (https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Winter_Layering_Guide.pdf): This guide helps you and your girls get ready for going outside in the winter time. Not only does it have some great tips on the best fabrics, layers and temperature guides- the examples are designed to be cut out like paper doll items and practice what to wear and when with the girls.



- **The dressing for the weather guide** (https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Dressing_for_the_Weather_Guide.pdf): Similar to the Winter Layering Guide-this guide helps prepare what to wear for different seasons and activities.



- **How to pack an overnight hiking backpack** (<https://www.girlscoutsofmaine.org/content/dam/girlscoutsofmaine-redesign/documents/program/How-to-Pack-an-Overnight-Backpack.pdf>) This guide is helpful when planning any day adventure - not just overnights, and helps guide on what and how to pack a bag.



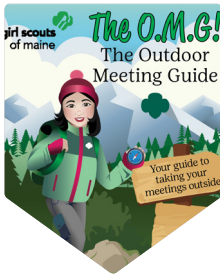
- **The bug guide** (https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/The_Bug_Guide.pdf): Don't let the bugs bug you on your next adventure! This guide helps you and your girls plan for your next adventure and ways to avoid the bugs. There are many useful tips, but also activities that you and your girls can do before adventuring out.



- **Trail name tags with Leave No Trace (LNT) Principles (up to 2)** (https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Trail_Name_Tags_2.pdf): Name tags that include the Leave No Trace Principles. Great to use for outdoor events like Camporees, Outdoor Skills Day, etc.



What to do Outside:



- **The O.M.G! The Outdoor Meeting Guide** ([https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/The OMG The Outdoor Meeting Guide.pdf](https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/The%20OMG%20The%20Outdoor%20Meeting%20Guide.pdf)): This guide includes 10 meeting start up activities, 10 meeting activities to do outside with minimal supplies and planning, and some tips and tools that can help you enhance your outdoor meetings.



- **Make your own weighted hula hoops** (<https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Make-your-own-weighted-Hula-Hoops.pdf>): Instructions on how to make weighted hula hoops. These hula hoops can be made indoors or outdoors, as long as you have the right tools. It's a great way to personalize each girls' hula hoop, and always have something to do outside, and can be used multiple ways.



- **Choose your own Maine Adventure Guide** (<https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Choose-Your-Own-Maine-Adventure-Guide.pdf>): This template is useful anytime of year, but especially at the beginning of the Girl Scout year to help plan for fun, new adventures within our state.



- **Winter Gear Rental Resource List** (<https://docs.google.com/spreadsheets/d/1IbxynTrEEedICHIDzZDYlFQGVbKdBzeelr7I9DJbWpaE/edit#gid=0>): This is a list of places throughout the state that offers outdoor rental gear like snowshoes, cross country skis, ice skates, and more. The list includes the contact info and prices (if applicable) of the locations and gear.



- **Edible Campfire Instructions** (<https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Edible-Campfire.pdf>): Instructions on a classic and tasty activity to do with your girls anytime of year, but especially when learning and practicing campfire safety.