

Take a Hike

(Orienteering for Brownies)



Complete four activities.

1. Learn about the sport of orienteering. What is an orienteering meet, and how can Brownie Girl Scouts participate? Find out how to tell a beginner course (white) from a more advanced course (yellow or orange). Use the Internet to help you find this information. *Orienteering for the Young* by James Baker (http://ourworld.compuserve.com/homepages/james_baker/) is a good place to start.
2. Learn about the equipment used for orienteering: a map, a compass, and a control flag. Learn about what to wear when going orienteering: sturdy shoes and socks, long pants, a brightly colored shirt, and a jacket or sweatshirt appropriate for the weather. Learn about orienteering safety: always go with a buddy, take a whistle for emergency signaling, and know how to get back to your starting point.
3. Learn about reading a map. Look at a map to find out what the symbols on the map mean. Take a walk using a map of your meeting place, camp, or neighborhood to locate familiar places and recognize the features that are marked on the map.
4. Learn about a compass. With a compass to look at, learn about the different parts of the compass. Find north, south, east, and west. Learn about the magnetic needle and that it always points to magnetic north.
5. Learn how to use a compass. Learn how to hold a compass and how to take care of it. Learn how to find a direction when given a specific degree reading to follow. Turn the compass housing until the direction of travel arrow indicates the direction in which you wish to travel. Turn your body until the magnetic needle is in line with the orienting arrow with the red end pointing north. The direction of travel arrow is now facing the way you need to go.
6. Play one of these compass games.

Sticker Hike

Place stickers or pictures on cards at a number of locations in a field, around a room, or on trees and buildings. This hike should be set up so that the leader can see all the sticker locations. The girls can work in teams. Give the girls a starting place at one sticker location and a direction in degrees to travel to the next sticker. Here the girls write down the shape of the sticker or draw a picture of it. If writing is not easy for the girls, place a whole sheet of stickers at each location. When the girls get to the location, they can take one sticker to show that they have been there. Then using the next direction in degrees, they travel to the next sticker location. Place a final sticker after at least five locations. If the girls enjoy this activity and become good at it, you can add sticker locations to the hike to make it longer.

Silver Dollar Hike

Give each girl a silver dollar (made of a piece of cardboard covered with foil) and a card with instructions on it. If reading is difficult for the girls, a leader or older girl can read the instructions to the Brownies. The

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girls stand a distance apart from each other and drop the silver dollars on the ground at their feet. The instructions direct the girls to walk a certain way at a certain degree heading on the compass. If this is done correctly, the girls will end up where they started. Here are examples of the instructions on the cards:

Turn to 100° and walk five paces.
Turn to 220° and walk five paces.
Turn to 340° and walk five paces.

OR

Turn to 0° and walk five paces.
Turn to 90° and walk five paces.
Turn to 180° and walk five paces.
Turn to 270° and walk five paces.

- 7.** Use your map and compass skills to participate in an orienteering event. Ask Cadette or Senior Girl Scouts in your area who have earned the Orienteering Interest Project Award to help you. Try one of these types of orienteering:

String-O

This is a short orienteering course that is marked by a continuous ribbon or yarn. The map is usually simple and includes just the area around the course. The girls can color in their sketch maps with the appropriate map colors. From the start, a continuous length of string leads the girls around the course. The route that the string takes is shown on the map. When the girls reach the places that are circled on the map (called controls), they will find an orange and white nylon marker (also called a control). At each control, there will be either a marking device or a bag of stickers for marking the appropriate box on the map. Eventually the string will lead to the finish, which is usually the same place as the start.

Trivia-O

This is a short orienteering course that is marked on a sketch map. The controls (circled places on the map) are marked places that are easily seen. A list of questions is given to the girls. Each question has a number that corresponds to one of the numbered controls on the map. Each question asks about a certain thing at the control (for example, "What kind of tree is to the left of the control?" or, if there is a poster of Smokey the Bear holding a rabbit, "What is Smokey holding?"). When the girls finish traveling the entire course, they can share their answers and see how many they were able to find.

- 8.** With your troop, use what you have learned about orienteering to organize an orienteering event for friends or another troop. This could be just a short Trivia-O or String-O. It could include compass games and a map hike. You could also set up a short orienteering course with orange and white orienteering control flags.

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