

“Check out Charli”

Catalog of Programs

Use this catalog to preview what programs are available as staff led programs. There is an FAQ located at the end.

How to use this guide:

- click the edges of the screen to go forwards (right side) or backwards (left side)
- use the links (underlined text) on pages to go to specific pages or back to the table of contents
- need a pdf / printable version - email us at customer care@nmgirlscouts.org and we'll send it to you

These programs do not have a fee that you pay to Girl Scouts of New Mexico Trails.

A council staff member (Meg “McGee” Simpson or another member of the Outdoor Program team) will facilitate the chosen program(s).

The lowest age level in the group will be used to determine the level of programming for everyone.

Troops are responsible for providing (almost) all supplies and additional adults for supervision / participating in the programming.

Once you've submitted your request, via the jotform, the council staff member will reach out to you to confirm the date / time / location / program and provide a supply list.

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For each program there is:

- description (includes amount of time needed for the meeting; 30, 60, or 90 minutes)
- age levels that it is best for; age levels that are not listed are still allowed to participate in these programs unless otherwise stated (this can be due to complexity of the program, use of the skills, length, age level interests, etc)
- if steps are earned towards specific badges
- if there is a specific meeting location
 - if no location is specified then the council staff member will travel to YOU at the location that you specify on the jotform (regular troop meeting location, preferred park, etc), some have location specifics that need to be met (must be outdoors, room to move / run around, etc)
- approximate cost to the troop for supplies, snacks, etc

Topics at a Glance

Each season has two (2) “test” topics (highlighted) to see the popularity of the program.



Year Round		First Aid (not certification)	
		Leave No Trace	
		Knife Safety	
		Basic Knots & Lashing	
Spring March, April, May	Gardening and Plant Science	Fall September, October, November	Cast Iron Cooking
	Camp Stoves		Orienteering
	Intro to Backpacking		Hiking 101
	Hiking 101		Tents and Shelters
	Orienteering		Intro to Geology
	The Water Cycle		Habitats and Life Zones
	Native New Mexico Animals		Archery
Summer June, July, August	Tents and Shelters	Winter December, January, February	Night Vision
	Campfires		Staying Warm in Winter
	Camp Stoves		Campfires
	Flower Pressing and Plant Dyes		Intro to Backpacking
	Plant Identification		Teambuilding Games
	Glamping		Basic Astronomy

Year Round Programs

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Price Key

\$ = zero - \$15 in program supplies needed

\$\$ = \$16 - \$40 in program supplies needed

\$\$\$ = \$40+ in program supplies needed

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First Aid (NOT certification)

(60 minutes, best for Daisy – Cadette, any location) \$

Learning and practicing basic first aid helps people build their confidence in emergency situations. At this program everyone will learn how to take care of basic injuries (cuts, scrapes / abrasions, insect bites / stings, sunburn / minor burns, dehydration, splinters, and muscle sprains / strains), best practices for getting additional help, and we will build (or just talk about) personal first aid kits. Have older Girl Scouts that have already been through the basics? We can go further into depth on specific topics, talk about or build group / car / camping first aid kits, or practice emergency situations that will prep them for Wilderness First Aid courses.

- Badges (steps to meet, not whole badge): Any age level First Aid Badge or Pin

Leave No Trace

(30 – 60 minutes, best for Daisy – Ambassador, any location) \$

Leave No Trace is essential to going outdoors! The Seven Principles of Leave No Trace guide us when we go outside with the best ways to “leave it better than we found it”. Learn the Seven Principles of Leave No Trace through games and making posters (the group will be divided down and will create and present one (1) principle to the rest of the group for the added bonus of public speaking skills).

- Badges (steps to meet, not whole badge): Any age level Eco Badges

Knife Safety

(60 minutes, best for Daisy – Ambassador, any location) \$

Knife safety is as important in everyday life as it is to outdoor exploration. Learn the basics of knife safety by making a paper knife, practice cutting by making a snack, and learn about different kinds of knives. Juniors and up can also learn about and practice whittling. The lowest age level will be used to determine the level of programming (i.e. if your group is Daisies through Juniors we will not do whittling).

- Badges (steps to meet, not whole badge): Daisy Buddy Camper, Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Basic Knots & Lashing

(60 minutes, best for Junior – Ambassador, any location) \$

Knowing your knots can save you time (and a very wet sleeping bag on a rainy camping trip). Girl Scouts will learn five (5) basic knots, hitches, and lashing techniques that they can use in their day to day life and on outdoor trips. Basic knots include: clove hitch, square knot, basic lashing, half hitch, and a sliding knot (noose or other). Have older Girl Scouts that already know the basics? We can put their skills to a test in a competition, teach more advanced knots, or practice lashing furniture for their future campsite. Knots are not recommended for Daisies because of attention span and dexterity needed.

- Badges (steps to meet, not whole badge): Daisy Buddy Camper, Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Spring (Mar, Apr, May)

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Gardening and Plant Science

(30 – 60 minutes, best for Daisies – Cadettes, any location) \$

During this intro to gardening and plant science you'll get your hands dirty planting seeds after learning about the basics of plant science and how plants grow. We'll review how to read a seed packet, the life cycle of plants, the tools needed for at home gardening, and make planters out of recycled materials.

- Badges (steps to meet, not whole badge): Eco badges - all levels, Junior Gardener, Junior Flowers, Cadette Trees

Camp Stoves

(60 – 90 minutes, best for Brownies – Ambassadors, any location but must have good ventilation through windows or be outside) \$\$

Let's turn up the heat. During this program you'll learn the parts of a propane stove, safety, how to light and clean them, create a quick meal, and review three pan dishwashing for clean up. There are no games or crafts with this program.

- Badges (steps to meet, not whole badge): Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Intro to Backpacking

(60 – 90 minutes, best for Juniors – Ambassadors, any location) \$\$

It's (almost) time to hit the trail! Learn what you need to plan for your first backpacking trip. We will cover how to pack a backpack, play a game to practice, explore cooking on a backpacking stove (and make a cup of hot chocolate), discover what goes into the planning, and set a training schedule for getting in shape for the hike.

- Badges (steps to meet, not whole badge): Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Hiking 101

(30 – 60 minutes, best for Daisies – Cadettes, any location with enough room to run around) \$\$

This Hiking 101 program will prepare you for hikes that are under four (4) miles. We will practice getting in shape by learning stretches and participating in a small circuit course, figure out how to look up information about trails, get prepared to hike by assembling our 8+ essentials, hear about what to do if you get lost, and create a no cook hiking snack.

- Badges (steps to meet, not whole badge): Trail Adventure – all levels, Brownie Hiker, Cadette Trailblazer

Spring (Mar, Apr, May)

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Orienteering

(60 – 90 minutes, best for Juniors – Cadettes, any outside location) \$

Navigation is an important skill for outdoor education. At this program you'll learn how to navigate with a compass and gps units, the important parts of each, how to read written coordinates, how to write coordinates, and the basics of topographical maps. Daisies and Brownies can learn about compasses but may struggle extensively with the length and complexity of this program.

- Badges (steps to meet, not whole badge): Brownie Letterboxer, Junior Geocacher

The Water Cycle

(30 – 60 minutes, best for Daisies – Ambassadors, any location – must have access to water) \$\$

Oh the wonders of water! Girl Scouts will learn about the water cycle, what the water calendar in New Mexico is, make their own water filtration system, and make art using water. Multi age troops will need to be split by age level for this program.

- Badges (steps to meet, not whole badge): Ambassador Water, Art Explorer – all levels

Native New Mexico Animals

(60 minutes, best for Daisies – Cadettes, any location) \$\$

Learn all about animals that are Native to New Mexico (and others that call it home as well!). We'll talk about different classifications of animals, how they're adapted to live in the High Desert landscape, view animal tracks and make our own, explore camouflage through a craft activity, and "design" our own animals.

- Badges (steps to meet, not whole badge): Outdoor Art – all levels

Summer (Jun, Jul, Aug)

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Tents and Shelters

(60 minutes, best for Brownies – Ambassadors, any outside location) \$

Whether you're a pro at pitching a tent or have never even unbagged one you'll learn something new during this program. We'll review how to put up a pop up tent, steel rod supported tent, how to make a two different kinds of tarp tents, and how to pick a good campsite. Already got the basics down pat? Use the comment box on jotform to request intro to hammock camping (30 – 60 min)!

- Badges (steps to meet, not whole badge): Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Campfires

(60 – 90 minutes, best for Brownies – Cadettes, any outside location, access to a firepit helpful but no required) \$\$

Light that fire Girl Scout! At this program we'll go over fire safety, different kinds of campfires, make a (no cook) campfire themed snack, make a fire starter, and practice the skills we just learned. Closed toe shoes are REQUIRED for all participants in this program.

- Badges (steps to meet, not whole badge): Daisy Buddy Camper, Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Camp Stoves

(60 – 90 minutes, best for Brownies – Ambassadors, any location but must have good ventilation through windows or be outside) \$\$

Let's turn up the heat. During this program you'll learn the parts of a propane stove, safety, how to light and clean them, create a quick meal, and review three pan dishwashing for clean up. There are no games or crafts with this program.

- Badges (steps to meet, not whole badge): Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Summer (Jun, Jul, Aug)

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Flower Pressing and Plant Dyes

(60 – 90 minutes, best for Juniors – Ambassadors, any indoor location with a stove or outside location with propane stove) \$\$

Flowers are beautiful in all their forms and have many uses. During this program Girl Scouts will make a mini flower press, learn the flower pressing process (including ethical harvesting of wild flowers), and make a pair of socks (or a thin kitchen towel) using flowers as dye. We will be heating water (to create a steam champed) over high heat for the plant dye portion of this program.

- Badges (steps to meet, not whole badge): Outdoor Art – all levels, Junior Flowers

Plant Identification

(30 – 60 minutes, best for Juniors – Ambassadors, any location) \$

While plants grow year round, they vary by season and growth cycle. This program will teach Girl Scouts how to read and use a plant identification manual AND app they can download on a phone, uses for plant identification, and the growth cycle of plants (and how different growth cycles or parts of plants affect their use).

- Badges (steps to meet, not whole badge): Eco Badges – all levels, Junior Flowers, Cadette Trees

Glamping

(60 – 90 minutes, best for Juniors – Ambassadors, any location big enough to pitch an 8-person tent) \$

Have Girl Scouts in your troop that aren't in to traditional tent camping or backpacking? Try out this program! We'll introduce the group to different forms of camping through conversation (RV camping, cabin camping, and resort glamping), talk about essentials to glamping (it's all about comfort!), how to plan and prepare your supplies, places to go, and practice planning skills by drawing architectural style plans of our dream glamping set up.

- Badges (steps to meet, not whole badge): Daisy Buddy Camper, Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Fall (Sep, Oct, Nov)

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Cast Iron Cooking

(90 minutes, best for Juniors – Ambassadors, any outside location with a firepit) \$\$

Let's get cooking! This program is best if done after the Campfires program or after learning about campfire safety and building as a separate troop activity. We will learn about cooking in cast iron (and cleaning it after) while we cook a meal in the dutch oven.

- Badges (steps to meet, not whole badge): no badge steps

Orienteering

(60 – 90 minutes, best for Juniors – Cadettes, any outside location) \$

Navigation is an important skill for outdoor education. At this program you'll learn how to navigate with a compass and gps units, the important parts of each, how to read written coordinates, how to write coordinates, and the basics of topographical maps. Daisies and Brownies can learn about compasses but may struggle extensively with the length and complexity of this program.

- Badges (steps to meet, not whole badge): Brownie Letterboxer, Junior Geocacher

Tents and Shelters

(60 minutes, best for Brownies – Ambassadors, any outside location) \$

Whether you're a pro at pitching a tent or have never even unbagged on you'll learn something new during this program. We'll review how to put up a pop up tent, steel rod supported tent, how to make a two different kinds of tarp tents, and how to pick a good campsite. Already got the basics down pat? Use the comment box on jotform to request intro to hammock camping (30 – 60 min)!

- Badges (steps to meet, not whole badge): Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Fall (Sep, Oct, Nov)

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Intro to Geology

(60 – 90 minutes, best for Juniors – Ambassadors, any location) \$\$

Geology rocks! During this program everyone will learn about different kinds of rocks and minerals, how they're formed, how to identify them, what "rockhounding" is and where you can do it in New Mexico, explore through science experiments, and create a piece of "rockin" jewelry.

- Badges (steps to meet, not whole badge): no badge steps

Hiking 101

(30 – 60 minutes, best for Daisies – Cadettes, any location with enough room to run around) \$\$

This Hiking 101 program will prepare you for hikes that are under four (4) miles. We will practice getting in shape by learning stretches and participating in a small circuit course, figure out how to look up information about trails, get prepared to hike by assembling our 8+ essentials, hear about what to do if you get lost, and create a no cook hiking snack.

- Badges (steps to meet, not whole badge): Trail Adventure – all levels, Brownie Hiker, Cadette Trailblazer

Habitats and Biomes

(30 – 60 minutes, best for Daisy – Ambassadors, Program differs greatly between DBJ & CSA any location) \$\$

Learn about the different biomes in New Mexico and explore how the animals there get ready for winter. What makes different places better to live than others for different animals and plants. Create a biome jar.

- Badges (steps to meet, not whole badge): no badge steps

Archery

(60 – 90 minutes, Brownies – Ambassadors ONLY, any outdoor location that can be marked off for a shooting range – see FAQ page 3) \$\$

Ready to hit the bullseye? During this program we'll teach participants about archery equipment, range safety, how to shoot, and have open time for practice. Archery instructor and supplies are provided as part of this program. Some brownies may not have the strength to shoot. Daisies and younger are not allowed per Girl Scout Safety Activity Checkpoints.

- Badges (steps to meet, not whole badge): Cadette Archery

Winter (Dec, Nov, Jan)

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Price Key

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\$\$\$ = \$40+ in program supplies needed

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Night Vision

(30 – 60 minutes, best for Daisies – Cadettes, any location – must be able to make the area dark) \$

When the sun sets, there is still plenty to see and explore. Participants will learn about nocturnal animals, plants that thrive at night, and how human eyes work in the dark through crafts and games.

- Badges (steps to meet, not whole badge): Outdoor Art Badges (all levels), Cadette Night Owl

Staying Warm in Winter

(60 minutes, best for Brownies – Ambassadors, any location) \$

Winters may be mild in New Mexico but it's important to learn how to get warm, stay warm, and warm up when you're cold. During this program we'll explore temperature related emergencies, how to prepare for an adventure in colder temperatures, how to stay warm when camping outdoors, and how to rewarm someone who needs help through games, lecture, and hands on activities.

- Badges (steps to meet, not whole badge): Snow Adventure – all levels available

Campfires

(60 – 90 minutes, best for Brownies – Cadettes, any outside location, access to a firepit helpful but not required) \$\$

Light that fire Girl Scout! At this program we'll go over fire safety, different kinds of campfires, make a (no cook) campfire themed snack, make a firestarter, and practice the skills we just learned. Closed toe shoes are REQUIRED for all participants in this program.

- Badges (steps to meet, not whole badge): Daisy Buddy Camper, Brownie Cabin Camper, Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Winter (Dec, Nov, Jan)

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Intro to Backpacking

(60 – 90 minutes, best for Juniors – Ambassadors, any location) \$\$

It's (almost) time to hit the trail! Learn what you need to plan for your first backpacking trip. We will cover how to pack a backpack, play a game to practice, explore cooking on a backpacking stove (and make a cup of hot chocolate), discover what goes into the planning, and set a training schedule for getting in shape for the hike.

- Badges (steps to meet, not whole badge): Junior Camper, Cadette Primitive Camper, Senior Adventure Camper, Ambassador Survival Camper

Teambuilding Games

(60 – 90 minutes, best for Brownies – Ambassadors, suggested to split by younger/older age groups, any location with enough room for the whole group to move around) \$\$

Building trust and communication through team building initiatives goes a long way for groups that have to work together often. This program will cover 3 – 5 team building initiatives, what debriefing is and how to use it / why it's important, intro to conflict resolution, and working with people at different ability levels.

Interested in this program just for adults to build team moral or learn the games/debriefing strategies? We can do that! Just mention in the comment box on the jotform.

- Badges (steps to meet, not whole badge): no badge steps

Basic Astronomy

(60 – 90 minutes, best for Daisies – Ambassadors, any NIGHTTIME location with access to the outdoors for telescopes) \$

Girl Scouts are explorers, both at home and beyond our world. Participants at this program will learn the basics of our solar system through a craft or game (based on age level), a brief history of astronomy, what astrology (the science) is and how it's used in different cultures, learn about constellations, and (if the weather allows) view some stars or planets. Weather must be clear and dark for sky viewing.

- Badges (steps to meet, not whole badge): Space Science – all levels

What if we want a program that is listed outside of the current season?

- If the program you want is NOT in the current active season, you may email customercare@nmgirlscouts.org to inquire about doing the program anyway (i.e. we'll say no to snowshoeing in July but will likely say yes to night vision activities in May or August). Archery has limited availability year round.

What is the likelihood that we WON'T get the date / time that we select?

- There is a small chance that your date / time may need to be adjusted because of travel from locations (i.e. if a Santa Fe troop and a Belen troop try to book back to back programs on the same day). Once we receive your submission we will reach out within three (3) business days to confirm and adjust the schedule.

How do we schedule / make a request?

- Use the jotform provided at this [LINK](#) to submit your request. You can preselect your date or use the link in the automated follow up email to select your date. The council staff person cannot confirm your request until both the jotform submission and date request are sent.

What if we need to cancel / change the information that we submitted?

- You can make requests for changes / cancellations via email to customercare@nmgirlscouts.org.

How far out can we see the council staff member's availability / schedule?

- You can see up to 90 days out for availability via the booking (date / time) link. If you're looking for a date further out than 90 days, you can make your request for that date via email to customercare@nmgirlscouts.org AFTER you've submitted your information on the jotform for your program selection.

Do you need Program Aides / Assistance for these programs?

- While we don't require PAs for these programs, if your older Girl Scouts already know the information then we are happy to put them to work! PAs will help lead groups, keep them on task, and assist with set up and break down if provided.

Why do some programs have multiple time frames?

- The time it takes to complete the program will depend on your total group size. For smaller groups it will take less time, and for larger groups it will take more time. If you have a small group and want an extended program make a note of that in the comment box on the jotform.

Do troops have to provide ALL of the program supplies?

- No, any program that includes outdoor stoves (propane stoves and backpacking) will have stoves and fuel provided. We will also provide compasses and GPS units to share for Orienteering, tents for Tents and Shelters, practice knives for Knife Safety, cones for circuit courses in Hiking 101 and 201, dutch ovens for Cast Iron Cooking, practice backpacks for Intro to Backpacking, example rocks for Geology, bows / arrows / targets for Archery, and telescopes for Astronomy.

What happens if the scheduling link doesn't work?

- If you receive an error when trying to use the link to schedule your date / time -- start by clearing the cookies on browser and try once more. If it still does not work, you may leave a note in the comment box on jotform OR email customer care@nmgirlscouts.org and we will reach out to you to schedule.

Can we schedule more than one program at a time?

- Almost always yes, we will have to discuss further via email to iron out the details. We can do back to back programs or bring on another staff member to assist in program facilitation.

What are the requirements for an Archery Range?

- In order to set up a traveling Archery Range we must have a space that that is well away from other people (i.e. **not** a park), is at least 40 feet by 20 feet, and that we're allowed to rope off with flagging tape. Indoor spaces are allowed but not preferred. If you cannot find a space, the Girl Scouts of New Mexico Trails Council Backyard in Albuquerque can be used for this program - make note that you want to use the GSNMT Council Backyard in the comment box on the jotform.

Can we make adjustments to the program activities / etc?

- To some extent, yes. If you have Girl Scouts that are older / younger / more experienced than the "best for" audience, make a note of that in the comment box on jotform and we can adjust the complexity of the program components but not the focus.

Will program topics be added / deleted?

- Yes, as interests change (based on feedback from groups at programs, town hall meetings, and surveys) program topics will be adjusted. Have a topic that your troop is interested in learning about but don't see it? Let us know on the post program survey and we'll add it to the list of topics to rotate in / out of the programming curriculum.

Can multiple troops participate at once?

- Yes! Troops are encouraged to partner with each other. Juliettes are welcome to sign up as a group with each other or other troops. Hosting a Service Unit event or camporee? Feel free to invite us by filling out the jotform and we'll facilitate the requested program(s).

Is there a minimum number for attendance / program presentation?

- Yes, but it's very low. You must have at least five (5) youth Girl Scouts and two (2) adult Girl Scouts for a staff member to facilitate the program.