

Dressing for Outdoors: Activities to do with girls

In order to make the outdoor experience a fun and comfortable one for everyone, careful thought and planning should be given to what is worn. Obviously the time of year, the type of activity, and the weather will enter into the decision.

The secret to being comfortable in the out-of-doors is to dress in layers. Each garment traps a layer of air which acts as extra insulation. Layers can be added as the temperature drops and taken off as the body warms up. It is usually 10-15 degrees cooler in the woods than in town.

Head gear – bandanna, knitted cap, broad brim hat for sun protection

Dress in Layers – for warmth

Raincoat, poncho, and boots – when necessary

Lightweight jacket, warm gloves or work gloves – depending on weather and activity

Socks – protection against blisters, poison ivy, insects, etc. In cold weather wear 2 pairs of socks. The inner sock should be cotton to absorb moisture; the outer pair should be wool to maintain heat.

Sturdy Shoes with closed heels and toes– no sandals, heels, flip-flops, etc.

Activity 1: Dress Right

Use large pieces of paper and list a season, a place, and an activity at the top of each sheet of paper.

Examples:

Hike in the mountains in May

Summer picnic and swimming

Overnight lodge in February

Cookout in October

Summer overnight - a chance of rain

Divide your girls into small groups. Each group works on one situation. Ask the girls to cut out pictures of appropriate clothing from catalogs, to draw, and to add pertinent information to the pieces of paper to fit the specific situation listed at the top of their page. Then have each group share their finished projects.

Activity 2: Mix and Match Dress Cards (sample cards attached)

On one set of cards (3x5 index cards), write possible scenarios for the outdoors. On another set of cards, draw or glue magazine cutouts of various articles of clothing (a baseball cap, a wool toboggan, a sun hat, sunglasses, shorts, swimsuit, jeans, sweatshirt, T-shirt, rain boots, hiking boots, tennis shoes, mittens, etc.).

In pairs, small groups, as a relay, or using any other method you would like, ask your girls to match a scenario card with the appropriate clothing cards.

Activity 3: Candace Camper

Out of cardboard or felt, make a large cutout of a girl and her duffel bag. From paper, cloth, or felt, cut out assorted articles of clothing (see Activity 2 for suggestions). On scenario cards write a season, a place, possible activities, and weather conditions. Ask girls to pick a card and let the group choose appropriate clothes for the scenario.

Your troop is going on a hike in the mountains in May. The hike will last approximately two hours and you are going in the mid-morning.

Your Girl Scout Brownie troop is going to go on a picnic in July. You will be swimming in the afternoon after lunch.

Two Girl Scout Junior troops are joining together for an overnight in a heated lodge in February. The troops will be earning two badges on the overnight.

A group of Teen Girl Scouts will be spending two nights at a state park in late summer. Rain is predicted during the majority of the trip.

The local ski lodge has invited a group of Girl Scout Juniors for a weekend of skiing in January.

The Girl Scout Brownies will be going to the zoo for a sleepover in June. Activities during the day will be outside.

A Teen group is going on a day trip to a local sporting complex. There will be time for swimming, tennis, baseball, and track & field.

The Girl Scout Daisy Troops in a local community are having a Mother/Daughter overnight in May. They will be sleeping in an indoor facility.

In a pinch, you can copy and cut out these images to use for the mix and match dress card activity.





