

PLAN YOUR NEXT GIRL SCOUT ADVENTURE

SPRING 2024 EDITION

PASSPORT TO PROGRAMS



girlscouts
western oklahoma

GSWESTOK.org

Calendar at a Glance

January

Date	Program Event	Girl Scout Level
January 23	Open Climbing	Brownie, Junior, Cadette, Senior, Ambassador
January 27	Alumni Sleepover Pajama Party	Daisy, Brownie, Junior, Cadette, Senior, Ambassador

February

Date	Program Event	Girl Scout Level
February 3	World Thinking Day	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
February 3	Girl Scout Day at Oklahoma History Center	Brownie, Junior, Cadette, Senior, Ambassador
February 4	Sewing Workshop with Edmond Quilt Guild	Daisy, Brownie, Junior
February 10	Bones Voyage	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
February 11	Daisy Tea Party with the Alumni Committee	Daisy
February 17-18	Daisy Outdoor Journey Camp-In	Daisy, Adult

March

Date	Program Event	Girl Scout Level
March 12	Open Climbing: 112th Birthday Edition!	Brownie, Junior, Cadette, Senior, Ambassador
March 18	STEAM Break	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
March 20	Girl Scouts Day at the Capitol	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
March 23	Bronze and Silver Award Workshop	Junior, Cadette
March 23	Gold Award Workshop	Senior, Ambassador
March 26	Book Club Younger Girl Discussion	Daisy, Brownie, Junior
March 28	Book Club Older Girl Discussion	Cadette, Senior, Ambassador

April

Date	Program Event	Girl Scout Level
April 5	Detective Badge Workshop	Juniors
April 6	SWOSU STEAM Meet	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
April 7	At the Circus with the Oklahoma City Philharmonic	Daisy, Brownie, Junior, Adult
April 12	SWOSU Theater Workshop	Daisy, Brownie, Junior
April 13	On Target: Cadette Archery Badge Workshop	Cadette
April 13	Eileen's Colossal Cookies Badge Workshop	Senior, Ambassador
April 16	Camp Trivera Sampler	Brownie, Junior, Cadette, Senior, Ambassador
April 18	Career Exploration	Cadette, Senior, Ambassador
April 25	Mushroom Foraging with Oklahoma Fungi	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
April 27	Wellness Warriors: A Mental Health Awareness Event	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult

May

Date	Program Event	Girl Scout Level
May 4	Highest Awards Ceremony 2024	Junior, Cadette, Senior, Ambassador, Adult
May 7	Camp Trivera Sampler	Brownie, Junior, Cadette, Senior, Ambassador
May 11	Asian American Pacific Islander Heritage Month Festival:Edmond Asian Mini Market	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
May 12	Cybersecurity 1 with STEM the Gap Academy-VIRTUAL	Daisy, Brownie, Junior, Cadette, Senior, Ambassador

June

Date	Program Event	Girl Scout Level
June 1	Maker Badges with the Maker Lab Workshops	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
June 1	Medicine Park Aquarium Workshop	Daisy, Brownie, Junior, Adult
June 7 & 8	House of Clay Pottery Patch Workshop	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
June 9	Riversport	Cadette, Senior, Ambassador, Adult
June 11	Bronze and Silver Award Workshop	Junior, Cadette, Adult
June 11	Gold Award Workshop	Senior, Ambassador
June 22	Family STEAM Fest	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult

Calendar at a Glance

July

Date	Program Event	Girl Scout Level
July 20	GIRLtopia Visionary Journey	Senior
July 28	Aerospace Day at Stafford Museum of Air and Space	Daisy, Brownie, Junior, Cadette, Senior, Ambassador

August

Date	Program Event	Girl Scout Level
August 24	Girl Scout Day at the First Americans Museum	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
August 30	FrankenSTEAM Friday	Daisy, Brownie, Junior, Cadette, Senior, Ambassador

September

Date	Program Event	Girl Scout Level
September 29	Cadette Kick Off	Cadette, Adult

Community Partner Led Programming

Date	Program Event	Girl Scout Level
Email to schedule	TFCU Money Badge Workshops	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
January-September	Code Camp Kidz	Cadette, Senior, Ambassador
Book your visit	First Americans Museum OKLA HOMMA Fun Patch Partnership	Daisy, Brownie, Junior, Cadette, Senior, Ambassador

Summer Camps

Date	Program Event	Girl Scout Level
June 2-28	Camp E-Ko-Wah Sessions	Brownie, Junior, Cadette, Senior, Ambassador, Adult
July 8 - August 2	Camp Trivera Sessions	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult

Save the Date for Other Upcoming Programs

Date	Program Event	Girl Scout Level
Weekends in March and/or April 2024	2024 Girl Scout Tree Promise Events	Daisy, Brownie, Junior, Cadette, Senior, Ambassador
September 8	Treat Yourself in partnership with the Care Center	Daisy, Brownie
October 27	Girl Fest: Fall Carnival	Daisy, Brownie, Junior, Cadette, Senior, Ambassador, Adult
March 23 June 11 August 18 October 6 April 4, 2025	Highest Award Workshops 2024-2025	Junior, Cadette, Senior, Ambassador

Volunteer Training and Opportunities

Date	Program Event	Girl Scout Level
February 13 March 19 August 6	American Red Cross First Aid/CPR/AED Training	Cadette, Senior, Ambassador, Adult
March 2	Youth Mental Health First Aid Volunteers	Adult
April 12-14	Let's Camp Level 1 and 2 Training - Ekowah	Adult
April 14	STEAM Kit Training Workshop in Shawnee	Adult
May 3-5	Certification Weekend - Ekowah	Adult
June 8	SU Summit	Adult
July 13	STEAM Kit Training Workshop in Enid	Adult
August 23-25	Certification Weekend - Trivera	Adult

Travel and Outdoor Opportunities

Date	Program Event	Girl Scout Level
April 5-6	Trails and Tales	Cadette, Senior, Ambassador
April 5-7	Discover the Wonders of Camp	Brownie, Adult
April 5-7	HAT on the Water	Cadette, Senior, Ambassador, Adult
May 17-19	HAT Beginner Backpacking	Cadette, Senior, Ambassador, Adult
May 31 - June 1	HAT Rocks	Cadette, Senior, Ambassador, Adult

January

Open Climbing

Brownie **Junior** **Cadette**
Senior **Ambassador**

Date: January 23 from 5-8 p.m.

Location: Camp Trivera

Fee: \$5 for Girl Scouts, \$8 for Non-Girl Scouts

Registration Deadline: January 9

Contact: info@gswestok.org

Min/Max: 5/35

Challenge yourself on the rock wall at Camp Trivera. Receive safety instructions on the auto-belay system and then climb as much as you like! Come with your family or make it a Troop outing!



Alumni Sleepover Pajama Party

Date: Saturday, January 27 - Sunday, January 28th at 8 a.m.

Location: Mary Nichols' Leadership Center

Fee: \$20 for Girl Scouts (no tag-a-longs)

Registration Deadline: January 20th

Contact: info@gswestok.org

One Registered Parent of a Daisy or 1st Year Brownie can stay for a small fee of \$5 if the girl has never spent the night alone away from home. Activities: Games, Crafts, Dancing & Karaoke, A Movie G - PG (TBA), a Pizza Party and a Brown Bag Breakfast to go in the morning.



Daisy **Brownie** **Junior**
Cadette **Senior** **Ambassador**

February



World Thinking Day



Date: February 3
Location: Mary Nichols' Leadership Center
Fee: \$10 per Girl Scout, \$3 per Adult
Registration Deadline: January 18
Min/Max: 5/35

Daisy Brownie Junior
Cadette Senior Ambassador
Adult

Each year on February 22, Girl Scouts and Girl Guides come together to celebrate international friendship through activities and projects around an annual global theme. In 2024, the World Thinking Day Theme is "Our World, Our Thriving Future: The environment and global poverty" In this year's activities, we'll explore the link between poverty and environment and find out how these problems are even more challenging for girls and women in your community and around the world.

For part of our Take Action Project, we ask that you bring non-perishable food or toiletries to donate to local charities.

Awards Earned/Included: The World Thinking Day Award is an official award and therefore it may be worn on the front of the official uniform sash or vest and places where other earned badges are worn.

Girl Scout Day at Oklahoma History Center

Brownie Junior Cadette
Senior Ambassador

Date: February 3 from 2-5 p.m.
Location: Oklahoma History Center at 800 Nazih Zuhdi Drive, Oklahoma City, OK 73105
Fee: \$15 for Girl Scouts; \$20 for Non-Girl Scouts
Registration Deadline: January 31
Contact: info@gswestok.org
Min/Max: 20/60

Do you love exploring museums? Do you ever wonder how people get jobs in museums? Join us at the Oklahoma History Center to learn about the exciting careers in museums and explore the galleries at the same time. Staff and volunteers from the Oklahoma History Center will have hands-on activities to learn more about the kind of work they do. Girls will learn about research, collections, education, exhibits and be able to ask questions.

Badge Earned/Included: Oklahoma History Center Fun Patch

Sewing Workshop with Edmond Quilt Guild

Daisy Brownie Junior

Date: February 4 from 3-5 p.m.
Location: Camp Trivea
Fee: \$9 for Girl Scouts, \$12 for Non-Girl Scouts
Registration Deadline: February 1
Contact: info@gswestok.org
Min/Max: 5/35

In this hands-on program, girls will learn basic sewing techniques, unleash their imagination, and create their own unique project with the help of the Edmond Quilting Guild. Girls will be able to use their newly acquired skills for years and years to come.

Badge Earned/Included: Sewing Fun Patch



February



Bones Voyage

Daisy Brownie Junior
Cadette Senior Ambassador

Date: February 10 from 11 a.m.-3 p.m.

Location: Museum of Osteology at 10301 S Sunnyslane Rd, Oklahoma City, OK 73160

Fee: \$15 for Girl Scouts

Registration Deadline: February 7

Contact: info@gswestok.org

Min/Max: 25/115

Do birds have hollow bones? Are turtle shells like any other skeleton? Why do gorillas and tigers have such differently shaped teeth? If any of these questions interest you, challenge yourself to a STEAM Scavenger Hunt this summer and earn a unique Girl Scouts fun patch at Bones Voyage. Featuring 450 REAL animal skeletons, the Skeletons Museum of Osteology hosts natural curiosities, forty exhibits, and a gift shop filled with educational and engaging gifts. Get up close and personal for a hands-on experience unlike any other you will find in the U.S.!

Badge Earned/Included: **SKELETONS Investigation Fun Patch**

Daisy Tea Party with the Alumni Committee

Daisy



Date: February 11 from 2-4 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$13 for Girl Scouts, \$16 for Non-Girl Scouts

Registration Deadline: February 8

Min/Max: 5/40

Daisy Girl Scouts! Come join us for a tea party to earn your Respect Myself Petal. The GSWESTOK Alumni Committee will teach girls basic etiquette skills and there will be fun high tea activities. Girls are encouraged to dress as fancy as they would like for this occasion. Hint—we'd love to see your best tea hat and gloves!

Petal Progress: **Tea Party Fun Patch | Respect Myself Petal** *All 11 Petals need to be purchased together, they are not available for purchase individually*

February



Daisy Outdoor Journey Camp-In

Daisy

Adult

Date: February 17-18 from 1 p.m.-10 a.m.

Location: Camp Trivera

Fee: \$50 for Girl Scouts, \$25 for Adult Members

Registration Deadline: February 3

Contact: info@gswestok.org

Min/Max: 20/60

Calling all Daisies! Grab your favorite grown up and come dip your toes into the world of camping! We'll have our own "camp-IN" where you'll earn your Outdoor Art Maker and Buddy Camper badges and be well on your way to completing your Daisy Outdoor Journey! Spend the night at cozy Camp Trivera and practice skills you can use at your next outdoor campout!

Badge Earned/Included: **Outdoor Art Maker and Buddy Camper**

Open Climbing

Brownie

Junior

Cadette

Senior

Ambassador

Date: February 20 from 5-8 p.m.

Location: Camp Trivera

Fee: \$5 for Girl Scouts, \$8 for Non-Girl Scouts

Registration Deadline: February 6

Contact: info@gswestok.org

Min/Max: 5/35

Challenge yourself on the rock wall at Camp Trivera. Receive safety instructions on the auto-belay system and then climb as much as you like! Come with your family or make it a Troop outing!



March

Open Climbing: 112th Birthday Edition!

Date: March 12 from 5-8 p.m

Location: Camp Trivera

Fee: \$5 for Girl Scouts, \$8 for Non-Girl Scouts

Registration Deadline: February 27

Contact: info@gswestok.org

Min/Max: 5/35

Brownie **Junior** **Cadette**

Senior **Ambassador**

Challenge yourself on the rock wall at Camp Trivera. Receive safety instructions on the auto-belay system and then climb as much as you like! Come with your family or make it a Troop outing! We will have special treats to celebrate the 112th birthday of Girl Scouts as well!



STEAM Break

Daisy **Brownie** **Junior**

Cadette **Senior** **Ambassador**



Date: March 18 from 8 a.m.-5 p.m.

Location: Camp Trivera

Fee: \$15 for Girl Scouts, \$20 for Non-Girl Scouts

Registration Deadline: March 15

Enjoy your first day of Spring Break at Camp Trivera. Older girls (Cadettes, Seniors, and Ambassadors) will get exclusive programming all day long, earn their Outdoor Art badge, and a fun patch with the Museum of Osteology. Younger girls (Daisies, Brownies, and Juniors) will work on various art projects and complete their Outdoor Art badge with help from our community partners. Let's explore the artistic genius of nature together!

Awards Earned/Included: **Outdoor Art Badge** | **Outdoor Art Badge** | **Outdoor Art Badge** | **Outdoor Art badge and Animal CSI fun patch** | **Outdoor Art badge and Animal CSI fun patch** | **Outdoor Art badge and Animal CSI fun patch**

March



Girl Scouts Day at the Capitol

Daisy Brownie Junior
Cadette Senior Ambassador
Adult

Date: March 20 from 8:30 a.m-4 p.m.

Location: Oklahoma State Capitol at 2300 N Lincoln Blvd, Oklahoma City, OK 73105

Fee: \$10 for Girl Scouts, \$10 for Adults

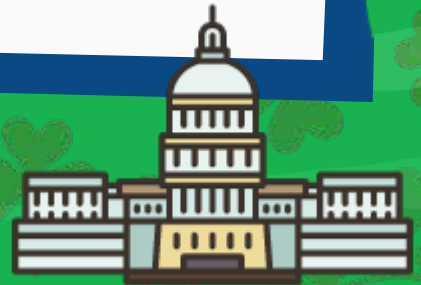
Registration Deadline: March 17

Contact: info@gswestok.org

Min/Max: 20/165

Come learn about stories and highlighted details about the Oklahoma State Capitol artwork, the history of Oklahoma, activities of state government and more. Girl Scouts will find out about local/state government and the federal branches. Attendees will hear from Senator Brenda Stanley and Representative Tammy West. Girls will also learn about how bills become laws and effective lobbying from the Executive Director of the American Civil Liberties Union. Older Girl Scouts will hear about internship opportunities from Tanisha Woods, Senator George Young's assistant.

Badges Earned/Included: Democracy Badge | Democracy Badge | Democracy Badge | Democracy Badge | Democracy Badge



March

Bronze and Silver Award Workshop

Junior

Cadette

Date: March 23 from 1-2 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$0

Registration Deadline: March 20

Contact: info@gswestok.org

Min/Max: 5/30

If you are a Junior or Cadette Girl Scout interested in earning your Highest Award, come join us to learn how! This workshop will give girls all the information that girls will need to get started on your project and help you start the process to earn your Highest Award. We encourage you to have already finished your Journey and the Take Action Project that goes along with it before attending a workshop.

girl scouts 
bronze award

girl scouts 
silver award

Gold Award Workshop

Senior

Ambassador

Date: March 23 from 2-3:30 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$0

Registration Deadline: March 20

Min/Max: 5/30

girl scouts 
gold award

Interested in earning your Gold Award? Attending a Gold workshop is the first step any Senior or Ambassador Girl Scout needs to take on their path to Going Gold! Attendees will be given all the tools necessary to understand and complete the Gold Award.

- Hear from Gold Committee members about the process for the Gold Award
- Learn about GoGold and the steps you will need to take.
- Network and meet other Girl Scouts.

March

Book Club Younger Girl Discussion

Daisy

Brownie

Junior

Date: March 26 from 5:30-6:30 p.m.

Location: Commonplace Books OKC at 1325 N. Walker Ave.,
Oklahoma City, OK 73103

Fee: \$0

Registration Deadline: March 22

Contact: info@gswestok.org

Min/Max: 5/30

Come and discuss the book *Goodnight Stories for Rebel Girls* by Elena Favilli. The discussion will be about a handful of the inspiring stories inside this book all about powerful women that have helped change the world.

Badge Earned/Included: I Love Books Fun Patch

Book Club Older Girl Discussion

Cadette

Senior

Ambassador

Date: March 28 from 6-7 p.m.

Location: Full Circle Bookstore at 1900 NW Expressway St, Oklahoma City,
OK 73118

Fee: \$0

Registration Deadline: March 19

Contact: info@gswestok.org

Min/Max: 5/15

Come and discuss the *Book of Awesome Women* by Becca Anderson. Talk about some of the most AWESOME women in history. Women have always been strong, true heroes, often times unacknowledged. Embrace the fempower and discuss what it's like to be a woman in the 21st century.

Badge Earned/Included: I Love Books Fun Patch



April



Detective Badge Workshop

Junior

Date: April 5 from 5:30-7:30 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$10 for Girl Scouts, \$13 for Non-Girl Scouts

Registration Deadline: April 1

Contact: info@gswestok.org

Min/Max: 5/35

Junior Girl Scouts! Come and join Stephanie Alfred with the Oklahoma City Police Department to earn your Junior Detective Badge. Girls will learn about different skills and techniques that detectives use everyday to solve crimes.

Badges Included/Earned: Detective Badge



SWOSU STEAM Meet

Daisy

Brownie

Junior

Cadette

Senior

Ambassador

Date: April 6 from 10 a.m.-2 p.m.

Location: SWOSU at 100 Campus Dr Weatherford, OK 73096

Fee: \$10 for Girl Scouts

Registration Deadline: April 3

Contact: info@gswestok.org

Min/Max: 5/100

Join us at Southwestern Oklahoma State University for exciting workshops and hands-on activities. SWOSU will provide pizza, t-shirts, and amazing workshops from local community partners led in laboratories inside the college. High school participants will learn about college-preparatory programs like PharmCorp and Sage STEAM. Girls of every age level will rotate through different activities involving biochemistry, computer science, pharmacy, robotic engineering, and more.

Badge Included/Earned: SWOSU STEAM Meet Fun Patch



At the Circus with the Oklahoma City Philharmonic

Daisy

Brownie

Junior

Adult

Date: April 7 Instrument Playground at 1 p.m., At the Circus with Phil begins at 2 p.m.

Location: Civic Center Music Hall at 201 N. Walker Ave. Oklahoma City, OK 73102

Fee: \$12 for Girl Scouts, \$14 for Non-Girl Scouts, \$10 for Adults

Registration Deadline: April 4

Contact: info@gswestok.org

Min/Max: 10/100

Come and grab your ticket to attend At the Circus with Phil! This concert is a part of the OKCPHIL's Discovery Family Series. Come at 1:00 p.m. to explore the instrument playground before the show and stay after to talk to some of the musicians as well as the conductor of the show. We have seventy tickets for Girls and thirty tickets for adults so register while you can.

Badge Included/Earned: **Music Fun Patch**

SWOSU Theater Workshop

Daisy

Brownie

Junior

Date: April 12 from 5-7 p.m.

Location: SWOSU Hilltop Theatre at 111 W. Davis Ave. Weatherford, OK 73096

Fee: \$5 for Girl Scouts, \$9 for Non-Girl Scouts

Registration Deadline: April 9

Contact: info@gswestok.org

Min/Max: 5/45

Come and unleash your creativity and acting skills at this theater workshop with Southwestern Oklahoma State University. Girls will learn acting skills, explore stagecraft, and showcase their talents.

Badges Earned/Included: **Theater Fun Patch** | **Theater Fun Patch** | **Playing the Past Badge**





On Target: Cadette Archery Badge Workshop

Date: April 13 from 1-4 p.m.

Cadette

Location: Camp Trivera

Fee: \$12 for Girl Scouts, \$15 for Non-Girl Scouts

Registration Deadline: March 30

Contact: info@gswestok.org

Min/Max: 5/20

Calling all Cadettes! Come and have some fun at our new target sports range where you will learn the basics of archery equipment and safety before taking aim. Once you've had a chance to shoot several practice shots, you will break off into groups to create your very own archery challenge to share with the group!

Badges Earned/Included: **Archery Badge**



Eileen's Colossal Cookies Badge Workshop

Senior

Ambassador

Date: April 13 from 2-3 p.m.

Location: Eileen's Colossal Cookies at 7700 N May Ave Oklahoma City, OK 73116

Fee: \$25 for Girl Scouts; \$30 for Non-Girl Scouts

Registration Deadline: April 10

Contact: info@gswestok.org

Min/Max: 5/20

Come and learn about a local business while also baking some delicious treats. Girls will explore the benefits and challenges of going local from a small business. Girls will also create sugar cookies, roll out dough and decorate and frost cookies.

Badges Earned/Included: **Locavore Badge** | **Baking Fun Patch**



Camp Trivera Sampler

Brownie Junior Cadette
Senior Ambassador

Date: April 16 from 5-8 p.m.
Location: Camp Trivera
Fee: \$15 for Girl Scouts, \$20 for Non-Girl Scouts
Registration Deadline: April 12
Contact: info@gswestok.org
Min/Max: 5/35

Challenge yourself on the rock wall, shoot for the stars on the archery range, and paddle to your heart's content on the zoo lake! At this Camp Trivera Sampler, you can try it all! Come with your family or make it a Troop outing!

Career Exploration

Cadette Senior Ambassador

Date: April 18 from 6-8 p.m.
Location: Camp Trivera
Fee: \$15 for Girl Scouts, \$20 for Non-Girl Scouts
Registration Deadline: April 15
Contact: info@gswestok.org
Min/Max: 20/100

Want to learn about different careers? Come join us for a day of Career Exploration and find out what industries interest you. Girls will hear from a variety of professionals and participate in activities to learn more about different jobs/career avenues. Girls will leave this opportunity feeling more confident about their future careers or jobs they may want to explore in the future.

Badge Included/Earned: Career Exploration Custom Fun Patch

April



Mushroom Foraging Workshop with Oklahoma Fungi

Daisy

Brownie

Junior

Cadette

Senior

Ambassador

Adult

Date: April 25 from 6-7 p.m.

Location: Spring Creek Trail at 4509 Integris Parkway Edmond, OK 73034

Fee: \$10 for Girl Scouts, \$5 for adults

Registration Deadline: April 12

Contact: info@gswestok.org

Min/Max: 5/40

Join us for an exciting evening of mushroom foraging with local mushroom expert, Oklahoma Fungi! Learn how to safely find, identify, and harvest mushrooms right where you live! This is an outdoor event, so be sure to wear closed-toe shoes and bring your day pack with bug/tick spray, a snack, and your water bottle for walking the trail.



April



Wellness Warriors: A Mental Health Awareness Event

Daisy

Brownie

Junior

Cadette

Senior

Ambassador

Adult

Date: April 27 from 9 a.m.-12 p.m.

Location: Kramer School of Nursing East at 1602 NW 27th St, Oklahoma City, OK 73106

Fee: \$7 for all participants

Registration Deadline: April 24

Contact: info@gswestok.org

Min/Max: 5/300

Join us at Wellness Warriors, a transformative mental health awareness event that aims to empower Girl Scouts with knowledge, resources and skills to foster mental well-being. GSWESTOK is proud to collaborate with Oklahoma City University School of Nursing to offer insightful workshops led by mental health experts and practitioners. This will be an opportunity for all Girl Scouts to earn badges related to self-discovery, self-expression and building resilience. Junior to Ambassador Girl Scouts will earn newly released badges by GSUSA regarding mental health. Opportunities will be available to discover a range of mental health resources and gain access to valuable information at the Wellness Warrior resource fair. Adults can attend exclusive sessions designed to discuss and learn about effective ways to support children's mental health. Together, we can break the silence, challenge stigma and build a world where mental health is a priority for all.

Badges Earned/Included: **Mental Health Awareness** | **Knowing My Emotions**
Mental Wellness Patch | **Finding My Voice** **Mental Wellness Patch** | **Showing Up**
For Me | **And You** **Mental Wellness Patch**

May



Highest Awards Ceremony 2024

Junior

Cadette

Senior

Ambassador

Adult

Date: May 4 from 10 a.m.-12 p.m.

Location: Church of the Servant at 14343 N MacArthur Blvd Oklahoma City, OK 73142

Contact: info@gswestok.org

Min/Max: 5/500

Join us for an inspiring celebration as we honor the exceptional achievements of our Girl Scouts who have earned the prestigious Gold, Silver and Bronze Awards. This ceremony is a testament to the dedication, leadership and commitment of our Girl Scouts. Girls who earn these awards will be contacted in April for their official invitation to the ceremony with instructions to RSVP. All projects must be approved by GSWESTOK staff and completed by March 1 to be recognized in the 2024 ceremony.

Camp Trivera Sampler

Brownie

Junior

Cadette

Senior

Ambassador

Date: May 7 from 5-8 p.m.

Location: Camp Trivera

Fee: \$15 for Girl Scouts, \$20 for Non-Girl Scouts

Registration Deadline: May 3

Contact: info@gswestok.org

Min/Max: 5/35

Challenge yourself on the rock wall, shoot for the stars on the archery range, and paddle to your heart's content on the zoo lake! At this Camp Trivera Sampler, you can try it all! Come with your family or make it a Troop outing!



Asian American Pacific Islander Heritage Month Festival: Edmond Asian Mini Market

Daisy
Brownie
Junior
Cadette
Senior
Ambassador
Adult

Date: May 11 from 5-8 p.m.

Location: Downtown Edmond Farmers Market at 2733 Marilyn Williams Dr, Edmond, OK 73003

Fee: \$0

Registration Deadline:

Contact: info@gswestok.org

Min/Max: 5/100

Join us for a vibrant and exciting event in partnership with the Asian District Cultural Association that honors the rich tapestry of cultures within the AAPI community! Attendees can immerse themselves in the diverse traditions, flavors, and arts that make up this extraordinary heritage at the GSWESTOK led Kids Corner. By participating in various cultural activities, Girl Scouts will have the opportunity to earn The GSUSA Asian Pacific American Heritage Month Fun Patch. Come join us for a day filled with joy, learning, and the spirit of unity.

Badges Earned/Included: **Asian Pacific American Heritage Month Fun Patch**

Cybersecurity 1 with STEM the Gap Academy-VIRTUAL

Daisy
Brownie
Junior
Cadette
Senior
Ambassador

Date: May 12 from 1-2:30 p.m. (Daisies), May 26 from 1-2:30 p.m. (Brownies), June 2 from 1-3 p.m. (Juniors), July 7 from 1-3 p.m. (Cadettes), Aug 4 from 1-3 p.m. (Seniors), Aug 18 from 1-3 p.m. (Ambassadors)

Location: Virtual

Fee: \$16.50 for Girl Scouts

Registration Deadline: 2 weeks prior to the selected program

Contact: aparnell@gswestok.org

Min/Max: 12/25

Step into the world of cybersecurity from the comfort of your own home. This virtual program offers an exciting opportunity to earn a coveted Cybersecurity Badge while learning essential skills to stay safe online. Guided by expert STEAM instructors, girls will explore the fundamentals of internet safety, encryption techniques, and even try their hand at decoding puzzles to gain a deeper understanding of how to protect themselves and others in the digital realm.

Badges Earned/Included: **Cybersecurity 1 Badge** | **Cybersecurity 1 Badge** | **Cybersecurity 1 Badge** | **Cybersecurity 1 Badge** | **Cybersecurity 1 Badge**



June

Maker Badges with the Maker Lab Workshops

Daisy Brownie Junior

Cadette Senior Ambassador

Date: June 1 from 1-6 p.m., July 20 from 1-6 p.m., August 17 from 1-6 p.m.

Location: Norman Public Library Central at 103 W Acres St, Norman, OK 73069

Fee: \$5 for Girl Scouts

Registration Deadline: 2 weeks prior

Contact: info@gswestok.org

Min/Max: 5/20

Embark on a creative journey at our Maker Lab workshop, where imagination knows no bounds. Multi-level troops can sign up to come and earn a badge. This hands-on experience invites participants to jump into the world of DIY innovation, blending artistry with technology. Guided by expert makers, Girl Scouts will have the chance to craft, tinker, and invent using a variety of tools and materials. From 3D printing to electronics, this workshop promises to empower girls with the skills to bring their wildest ideas to life. Don't miss this opportunity to join a community of makers and earn a STEAM badge.

Badges Earned/Included: Create and Innovate Badge | Create and Innovate Badge | Create and Innovate Badge | Digital Game Design Badgee | Digital Game Design Badge | Digital Game Design Badge

Medicine Park Aquarium Workshop

Daisy Brownie Junior Adult

Date: June 1 from 10:30 a.m.-12:30 p.m.

Location: Medicine Park Aquarium and Natural Sciences Center at 1 Aquarium Dr., Medicine Park, OK 73557

Fee: \$15 for Girl Scouts, \$16 for Non-Girl Scouts, \$13 for Adults

Registration Deadline: May 27

Contact: info@gswestok.org

Min/Max: 5/40

Challenge yourself on the rock wall at Camp Trivera. Receive safety instructions. Join us at Medicine Park Aquarium to learn all about different aquatic animals. Medicine Park Aquarium brings people, nature, and science together. There will be a class about adaptation starting at 10:30 a.m. and then the aquarium will be open to tour and walk around.

Badges Earned/Included: Aquarium Fun Patch

June



House of Clay Pottery Patch Workshop

Daisy

Brownie

Junior

Cadette

Senior

Ambassador

Date: June 7 from 5-6 p.m. (Cadettes), June 7 from 6-7 p.m. (Seniors and Ambassadors), June 8 from 10-11 a.m. (Daisies), June 8 from 11 a.m.-12 p.m. (Brownies), June 8 from 12-1 p.m. (Juniors)

Location: House of Clay at 1100 NW 30th St. Oklahoma City, OK 73118

Fee: \$15 for Girl Scouts, \$18 for Non-Girl Scouts

Registration Deadline: May 31 for both workshop days

Contact: info@gswestok.org

Min/Max: 5/15 for each session

Join us at House of Clay to make pinch pots! Girls will learn the basics of pottery and will receive a pottery fun patch at the end of the workshop. There are suggested levels for each of the sessions, but you do not have to follow those if you cannot make it on the day that your age is going.

Badges Earned/Included: Pottery Fun Patch



Riversport

Cadette

Senior

Ambassador

Adult

Date: June 9 from 1-4 p.m.

Location: Riversport OKC at 800 Riversport Drive Oklahoma City, OK 73129

Fee: \$35 for Girl Scouts; \$45 for Non-Girl Scouts; \$35 for Adults participating in activities

Registration Deadline: June 5

Contact: info@gswestok.org

Min/Max: 20/60

Girls can earn their Snow, Climbing Adventure or Paddle Boarding badge at Riversport OKC. Girls will be able to participate in outdoor activities such as rafting, rockwall/ropes course, paddleboarding, and many others. Each activity will have a safety talk and time for question and answer before and after.

Badges Earned/Included: Snow or Climbing Adventure Badge | Paddle Boarding Badge



June

Bronze and Silver Award Workshop

Junior Cadette

Date: June 11 from 5-6 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$5 for Girl Scouts

Registration Deadline: June 7

Contact: info@gswestok.org

Min/Max: 5/30



If you are a Junior or Cadette Girl Scout interested in earning your Highest Award, come join us to learn how! This workshop will give girls all the information that girls will need to get started on your project and help you start the process to earn your Highest Award. We encourage you to have already finished your Journey and the Take Action Project that goes along with it before attending a workshop.

Gold Award Workshop

Senior Ambassador

Date: June 11 from 6-7:30 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$0

Registration Deadline: June 3

Contact: info@gswestok.org

Min/Max: 5/30



Interested in earning your Gold Award? Attending a Gold workshop is the first step any Senior or Ambassador Girl Scout needs to take on their path to Going Gold! Attendees will be given all the tools necessary to understand and complete the Gold Award.

- Hear from Gold Committee members about the process for the Gold Award
- Learn about GoGold and the steps you will need to take.
- Network and meet other Girl Scouts.

Badges Earned/Included: Aquarium Fun Patch

June



Family STEAM Fest

Daisy Brownie Junior
Cadette Senior Ambassador
Adult

Date: June 22 from 2-5 p.m.

Location: Camp Trivera

Early Bird Member Special: \$7 for Girl Scouts, 1 Free Adult per Girl Scout \$5 per additional adult

Early Bird Public Promo: \$9 for Children (ages 5-17), 1 Free Adult per Child 5-17 \$6 per additional adult

General Admission: \$10 for Girl Scouts and Children (ages 5-17), \$7 per Adult

Early Bird Deadline: May 22

Registration Deadline: June 19

Contact: info@gswestok.org

Min/Max: 5/1000

Join us for a thrilling day of exploration and discovery at the Family STEAM Festival! This engaging event is designed to ignite the curiosity of learners of all ages in the fields of Science, Technology, Engineering, Arts, and Mathematics. With hands-on activities, interactive exhibits, and live demonstrations, families will have the chance to dive into the wonders of STEAM with community partners like STEM FORCE, Pioneer Library Maker Lab, St. Francis of the Woods, and Project Learning Tree. From robotics challenges to a community mural, there's something for everyone to enjoy. Come be a part of this unforgettable educational experience that promises to inspire the next generation of innovators and climate champions.

Badges Earned/Included: **Climate Challenge Fun Patch | Family STEAM Patch**



GIRLtopia Visionary Journey

Senior

Date: July 20 from 2-5 p.m.

Location: Mary Nichols' Leadership Center

Fee: \$45 for Girl Scouts

Registration Deadline: July 17

Contact: info@gswestok.org

Min/Max: 5/20

Are you a Senior Girl Scout? Are you planning to earn your Gold Award? Do you have an interest in changing the world? If you answered yes to these questions, this program is for you! Girls will complete their GIRLtopia Journey, which is one of the first steps in earning a Gold Award. On the Journey girls will create an ideal community where Girl Scouts' values, needs, and interests are respected and celebrated. Senior Girl Scouts participating in this Journey will identify a community issue and the group will create an artistic vision to correct this issue.

Badges Earned/Included: **Visionary Badge**

July



Aerospace Day at Stafford Museum of Air and Space

Daisy Brownie Junior
Cadette Senior Ambassador

Date: July 28 from 10 a.m.-2 p.m.

Location: Stafford Museum of Weatherford at 3000 Logan Rd
Weatherford, OK 73096

Fee: \$10 for Girl Scouts

Registration Deadline: July 25

Contact: info@gswestok.org

Min/Max: 30/100

Take to the skies through Aerospace Day, an exhilarating journey hosted at the prestigious Stafford Museum. This day will feature a STEAM activity center set up just for Girl Scouts. Learn about the principles of flight and the key factors that affect aircraft performance, then test your skills on the museum's flight simulators. Explore the history of flight, from learning to leave the ground to landing on the moon. See real time photos from the International Space Station. Join us for an exclusive opportunity to explore the wonders of flight, learn about aircraft engineering, and earn your Girl Scout Aeronautics Patch. Lunch will be provided in the cost of your registration.

Badges Earned/Included: **Aerospace Fun Patch**





Girl Scout Day at the First Americans Museum

Daisy Brownie Junior
Cadette Senior Ambassador
Adult

Date: August 24 from 11 a.m.-2 p.m.

Location: First Americans Museum at 659 American Indian Blvd, Oklahoma City, OK 73129

Fee: \$10 for all participants

Contact: info@gswestok.org

Min/Max: 20/200

Join us for a day of cultural enrichment, adventure, and friendship at the First Americans Museum. Immerse yourself in the diverse traditions and histories of Oklahoma's First Americans through interactive exhibits, guided tours, and engaging presentations. This specially curated experience is designed exclusively for Girl Scouts, offering a one-of-a-kind opportunity to explore the rich cultural heritage of Oklahoma's First Americans while earning the OKLA HOMMA fun patch.

Badges Earned/Included: OKLA HOMMA Fun Patch



FrankenSTEAM Friday

Daisy Brownie Junior
Cadette Senior Ambassador

Date: August 30 from 6-8 p.m.

Location: Camp Trivera

Fee: \$10 for Girl Scouts

Contact: info@gswestok.org

Min/Max: 5/100

Inspired by Mary Shelley's timeless masterpiece, this event fuses together art and engineering in a Frankenstein-themed exploration. Build your own monster, explore the biomechanics of a robot hand, learn about the brain's structure and function, and enjoy many other activities! Join us for a night of enlightenment, where the legacy of Dr. Frankenstein continues to shape our understanding of innovation and ethics in STEAM, and earn your Think Like an Engineer badge.

Badges Earned/Included: Think Like an Engineer Badge | Think Like an Engineer Badge | Think Like an Engineer Badge | Think Like an Engineer Badge | Think Like an Engineer Badge

September



Cadette Kick Off

Cadette

Adult



Date: September 29 from 2-5 p.m.

Location: Camp Trivera

Fee: \$25 for Girl Scouts, \$15 for Adults

Registration Deadline: September 25

Contact: info@gswestok.org

Min/Max: 20/200

A time for all Cadettes to join together to welcome Junior Girl Scouts bridging to Cadette. The day will start off with an interactive information session where new Cadette's can learn about what older girl scouting is all about by interacting with peers and hearing from older girls. Parents will also hear from troop leaders and GSWESTOK staff about what programming for older girls looks like. Girls will have time to bond with other Cadettes through fun activities.

Badges Earned/Included: **Cadette Kick Off Fun Patch**

Community Partner Led Programming



TFCU Money Badge Workshops

Daisy Brownie Junior
Cadette Senior Ambassador



Date: Schedule your workshop time and date by emailing financialeducationdept@tinkerfcu.org or by calling (405) 319-2185
Location: They will come to your troop meetings
Fee: \$0
Contact: financialeducationdept@tinkerfcu.org
Min/Max: 10/25 per age group

Earn. Save. Spend. This is the money cycle Girl Scouts will learn about! Tinker Federal Credit Union will be teaching about money and how to use it properly. Girls will learn how to explain the relationship between work, earning money and identifying ways that people use their money, including spending and saving. Girl Scouts will have fun setting goals and creating budgets that can one day help them pay for things they want and need.

Badges Earned: **Money Explorer Badge** | **My Own Budget Badge** | **Budget Maker Badge** | **Budget Manager Badge** | **Savvy Saver Badge** | **My Financial Independence Badge**

Code Camp Kidz

Cadette Senior Ambassador

Date: January-September sign up
Location: Virtual
Fee: \$23.50 for Girl Scouts
Registration Deadline: September 25
Contact: financialeducationdept@tinkerfcu.org
Min/Max: 5/20

Girls will build website programming skills with fun and achievable online learning platforms. Girl Scouts can work with experienced professional coders, overcome obstacles, build problem solving skills, and develop confidence as an independent web developer. It's an online workshop where you can learn programming and coding basics. **This course is completely virtual**, so Girl Scouts are able to complete the program as your schedule allows.

Programmer Journey Overview: Learn the basics of web development by completing coding lessons and personal projects.

Coding Basics: Learn about the bootstrap toolkit for creating pages that automatically changes appearance based on viewing device. Girls will create a suite of professional tools.

App Development: Girls will be introduced to JavaScript and jQuery fundamentals. Girls will also learn coding techniques.

Badges Earned/Included: **Think Like a Programmer, Coding Basics, App Development**



Community Partner Led Programming



First Americans Museum OKLA HOMMA Fun Patch Partnership

Daisy Brownie Junior
Cadette Senior Ambassador

Location: 659 American Indian Boulevard Oklahoma City, OK 73129

Fee: \$4 for 3rd-7th grade Girl Scout, \$6 for 8-12th grade Girl Scout, \$8 for Adult

Registration: www.visitfamok.org/scouting to book your visit today!

Contact: leticiab@famok.org

Min/Max: 5/60

We are excited to announce our partnership with the First Americans Museum. Troops can visit the First Americans Museum to earn the OKLA HOMMA Fun Patch, girls will learn about the important contributions of First Americans to the history, culture and present-day vibrance of Oklahoma. Ready to earn your patch, but can't make it to Oklahoma City? We've included a list of locations you can visit that may be closer to you! View the list and check out the activities at gswestok.org on our Community Partner home page.



Scan the QR code or visit GSWestOK.org to access more details and registration links for all activities and events!



Summer Camps

Check out our 2024 Summer Camp Guide and register for camp now!

Camp E-Ko-Wah Sessions

- Brownie
- Junior
- Cadette
- Senior
- Ambassador
- Adult

Date: June 2-28
Location: Marlow, OK
Contact: info@gswestok.org

Camp Trivera Sessions

- Daisy
- Brownie
- Junior
- Cadette
- Senior
- Ambassador
- Adult

Date: July 8 - August 2
Location: Oklahoma City, OK
Contact: info@gswestok.org



Click [HERE](#) or scan the QR code to access the Summer Camp Guide where you'll get all the details and registration links to all Summer '24 camps!



Save the Date for other Upcoming Programs



2024 Girl Scout Tree Promise Events

Daisy Brownie Junior
Cadette Senior Ambassador

Weekends in March and/or April 2024 throughout Western Oklahoma

Treat Yourself in partnership with the Care Center

Daisy Brownie

Sunday, September 8 at Camp Trivera

Girl Fest: Fall Carnival

Daisy Brownie Junior
Cadette Senior Ambassador
Adult

Sunday, October 27 at Wheeler Ferris Wheel in the Wheeler District 1701 S
Western Avenue Oklahoma City, OK 73109

Highest Award Workshops 2024-2025

Junior
Cadette Senior Ambassador

March 23, 2024 at Mary Nichols' Leadership Center

June 11, 2024 at Mary Nichols' Leadership Center

August 18, 2024 at Mary Nichols' Leadership Center

October 6, 2024 at Mary Nichols' Leadership Center

April 4, 2025 at Mary Nichols' Leadership Center

June 2025-Weatherford-date, location, time TBD

July 2025-Lawton area-date, location, time, TBD



Volunteer Training and Opportunities

American Red Cross First Aid/CPR/AED Training

Cadette **Senior** **Ambassador** **Adult**

Date: Feb 13; March 19; Aug 6 from 5:30-9:30 p.m.

Location: Girl Scouts Council

Fee: \$40 per Girl Scout/Member; \$45 per Non-Girl Scout

Registration Deadline: Feb 6; March 12; July 31

Contact: info@gswestok.org

Min/Max: 5/20



GSWESTOK is offering American Red Cross Adult and Pediatric CPR/FA/AED Training for girls and volunteers. This 4-hour course fulfills the GSUSA requirement for CPR/FA/AED training with hands-on learning.

Youth Mental Health First Aid Training

Adult

Date: March 2

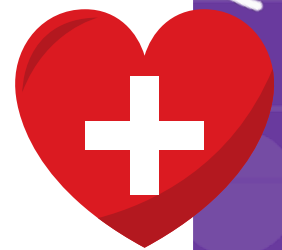
Location: Girl Scouts Council

Fee: Member: \$40 Non-Girl Scout: \$75

Registration Deadline: February 23

Contact: info@gswestok.org

Min/Max: 5/20



Mental Health First Aid is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Volunteer Training and Opportunities

Let's Camp Level 1 and 2 Training - Ekowah

Adult

Date: April 12-14

Location: Camp Ekowah

Fee: \$40

Registration Deadline: April 5

Contact: info@gswestok.org

Join us for Let's Camp Training at Camp E-Ko-Wah! This adults-only weekend allows you to participate in a learning workshop focused on camping and outdoor skills that you can use to take your troop camping.

STEAM Kit Training Workshop in Shawnee

Adult

Date: April 14 from 1-4 p.m.

Location: Emmanuel Episcopal Church at 501 N Broadway Ave, Shawnee, OK 74801

Fee: \$10

Registration Deadline: April 18

Contact: info@gswestok.org

Min/Max: 10/30

In this workshop, we'll try our own hands at completing one STEAM Badge kit series at every program level, from Daisies through Ambassadors. You'll have the opportunity to strategize with other leaders about timing, content, and building confidence in STEAM skills. Snacks and breaks will also be provided. The prospect of leading STEAM programs for a multi-level troop can feel overwhelming, but our kits are fun and easy to complete. Come and try it yourself!

Volunteer Training and Opportunities

Certification Weekend - Ekowah

Adult

Date: May 3-5

Location: Camp Ekowah

Fee: Varies on certification

Registration Deadline: April 22

Contact: info@gswestok.org

Join us for Certification Weekend at Camp E-Ko-Wah! This adults-only weekend allows you to participate in a learning workshop focused on specific skills to support the Girl Scout Outdoor experience!

SU Summit

Adult

Date: June 8

Location: Girl Scouts Council

Fee: \$15

Registration Deadline: June 1

Contact: info@gswestok.org

Join us as we prepare for the 2024-2025 membership year at the Service Unit Summit at the Council Office! This event is for all SU volunteers-new and experienced! All volunteers will walk away with the resources and tools needed to create a dynamic plan for the upcoming year.

Volunteer Training and Opportunities

STEAM Kit Training Workshop in Enid

Adult

Date: July 13 from 1-4 p.m.

Location: St. Gregory the Great Catholic Church at 1924 W Willow Rd, Enid, OK 73703

Fee: \$10

Registration Deadline: July 10

Contact: info@gswestok.org

Min/Max: 10/30

In this workshop, we'll try our own hands at completing one STEAM Badge kit series at every program level, from Daisies through Ambassadors. You'll have the opportunity to strategize with other leaders about timing, content, and building confidence in STEAM skills. Snacks and breaks will also be provided. The prospect of leading STEAM programs for a multi-level troop can feel overwhelming, but our kits are fun and easy to complete. Come and try it yourself!camping.

Certification Weekend - Trivera

Adult

Date: Aug 23-Aug 25

Location: Camp Trivera

Fee: Varies on certification

Registration Deadline: Aug 12

Contact: info@gswestok.org

Join us for Certification Weekend at Camp Trivera! This adults-only weekend allows you to participate in a learning workshop focused on specific skills to support the Girl Scout Outdoor experience!

Travel and Outdoor Opportunity

Trails and Tales

Cadette Senior Ambassador

Date: April 5-6 from 6-5 p.m.
Location: Mary Nichols' Leadership Center
Fee: \$75 per Girl Scout
Registration Deadline: March 21
Contact: globalawarenessteamgswestok@gamil.com
Min/Max: 5/10 Cadettes and 5/10 Senior | Ambassadors



Calling all Cadette, Senior and Ambassador Girl Scouts! Join the Global Awareness Team for a weekend of fun adventures.

We will meet at the Council Office Friday night and divide into two groups (Cadettes and Senior|Ambassadors) to plan a trip to the Southern part of the state as part of the Trails and Tales patch program. Girls will do all of the planning with adult guidance on budgeting and time management. As a group, girls will choose where to go, what to do and how to spend their money. Once the planning is complete, the group will spend the night and head out on their adventure Saturday morning with chaperones. In an effort to get the girls to start thinking globally, the groups will also incorporate an element of the Global Action Award into the location they visit.

*No parents or tagalongs

Discover the Wonders of Camp

Brownie Adult

Date: April 5-7
Location: Camp E-Ko-Wah, Marlow, OK
Fee: \$27 for Girl Scouts & Adult Members
Registration Deadline: March 22
Contact: info@gswestok.org
Min/Max: 5/250

Come explore camp and make new friends with other Brownies. This weekend will be full of games, crafts, and outdoor fun!

HAT on the Water

Cadette Senior Ambassador
Adult

Date: April 5-7
Location: Lake Waluhi'Yi, Duncan, OK
Fee: \$45 for Girl Scouts & Adult Members
Registration Deadline: March 22
Contact: info@gswestok.org
Min/Max: 5/15



Spring is the perfect time to go canoeing and enjoy the peace of a beautiful sunset while listening to the birds and the splash of your paddle as it cuts through the water. We will meet up Friday night at camp and start by learning the basic strokes and how to rescue your canoe should you tip over. Then the next day, we head out for a picnic across the lake and end back at camp with a great dinner cooked around the fire. This will be a tent or hammock camping event. More information will be sent after registration. Fitness: Participants should be able to swim the length of a full-sized pool. No previous canoe experience necessary.

Travel and Outdoor Opportunity

HAT Beginner Backpacking

Cadette Senior Ambassador
Adult

Date: May 17-19
Location: Lake McMurtry, Stillwater, OK
Fee: \$40 for Girl Scouts & Adult Members
Registration Deadline: May 3
Contact: info@gswestok.org
Min/Max: 5/15



This is a weekend trip designed to teach the very basics of backpacking. We will be hiking in 3 miles to our campsite near the lake. Even if you are experienced, come out and enjoy hiking under the trees at Lake McMurtry near Stillwater. The trail is rated moderate by All Trails and has some elevation changes. Beginners can borrow backpacking and sleeping equipment to try out the sport, but a good pair of hiking boots/shoes will need to be provided by the participant along with hiking apparel. Fitness: You should be able to carry about fifteen pounds on your back and hike with this equipment for three to four miles.

HAT Rocks

Cadette Senior Ambassador
Adult

Date: May 31-June 1
Location: Red Rock Adventure, Hinton, OK
Fee: \$50 for Girl Scouts & Adult Members
Registration Deadline: May 17
Contact: info@gswestok.org
Min/Max: 5/15



Feeling adventurous? Come out and learn how to climb on real rock in the outdoors and rappel down a cliff face. We will also be camping, which means making good friends and eating meals cooked outdoors. Note: Cost is subject to change. Please see the registration page for more details!



GSWESTOK.org



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