

Steps to **SAN FRANCISCO BRIDGING**

Do you have a Brownie or Junior level troop who wants to bridge across the Golden Gate Bridge in San Francisco? This guide will help you prepare your girls, their parents, and yourself to take on the world through Girl Scouts' travel progression – starting at the Brownie level. Included in this guide you will find:

- Training Requirements for San Francisco Bridging
- Ideal travel progressions for Girl Scout Brownies and Juniors
- Program Ideas for travel progression for Girl Scout Brownies and Juniors

NOTE: *Golden Gate Bridging is an event put on by Girl Scouts of Northern California. Event details are available at gsnorcal.org/ggb.*



TRAINING REQUIREMENTS FOR SAN FRANCISCO BRIDGING

Completion of the following training is required by at least one adult member accompanying the girls on the trip:

- Level Essentials
- First Aid/CPR Training
- Indoor Overnight Adventures Training
- Travel Training

NOTE: *Outdoor Cooking and Tent Camping training are not required for a San Francisco Bridging trip, unless the troop will be staying in tents at a campground and using open flames to prepare their meals.*

PREPARING FOR SAN FRANCISCO THROUGH TRAVEL PROGRESSION

A hallmark of a successful Girl Scout experience is providing activities that allow girls to build their skills and confidence as they tackle activities that are *progressively* more challenging each time. Progression is particularly necessary when girls travel. Below is a sequence of recommended experiences girls should have before they travel to San Francisco (or anywhere beyond Orange County):

- One-night Local Overnighter
- Two-night Local Overnighter
- Two-night Overnighter further away (repeat as necessary for the girls' AND their parents' comfort level)
- Outing closer to travel dates that includes public transit and LOTS of walking with fully loaded daypacks

NOTE: *All travel experiences should have the proper girl:adult ratios. Parent/Daughter activities do not count towards this progression. Previous camping experience is not required for the San Francisco Bridging trip, unless the troop will be staying in tents at a campground and using open flames to prepare their meals.*

TRAVEL PROGRESSIONS FOR GIRL SCOUT BROWNIES AND JUNIORS

In the perfect preparation scenario, girls, leaders, and parents spend four years preparing for this trip beginning with Girl Scout Brownies in the 2nd grade. The following pages include key components of an ideal travel progression leading up to San Francisco.

However, if you are starting at the Junior level that is OK – skip to page 4 for suggestions for travel progressions for Girl Scout Juniors.

Year 1 and Year 2: *The Brownie Years*

Training Requirements:

- All troop leaders attend Brownie Essentials Training.

- At least one leader completes Level I First Aid/CPR training. This person should be someone who is committed to spend the night away with the girls. While only one leader is required to have Level I First Aid/CPR training, we strongly recommend that there are at least two adults on every outing with this training.
- At least one adult registered volunteer per troop planning to stay overnight is required to complete Indoor Overnight Adventures

Girl Progression Activities:

All training requirements must be completed BEFORE the troop can participate in the following activities:


- Spend one night together as a troop. This can be a sleepover at someone's house.
- Spend the weekend together. This can be done at one of the Council's Program Centers.
- Spend the weekend together at a farther destination. This can be done at one of the Council's Program Centers or Camp Scherman.

Parent and Me overnights do not count towards progression of experiences. The goal is to prepare the girls AND the parents for time and distance away from each other.

Program Ideas for Travel Progression:

Below are some great badge ideas in the *Brownie Girl's Guide to Girl Scouting* or on the Volunteer Toolkit that can really help prepare girls for successful travel experiences:

- Money Manager: Teaches fundamentals of budgeting
- Celebrating Community: Steps 4 and 5 discuss landmarks and celebrations
- Brownie First Aid: Teaches girls how to get help and how to put together a first aid kit
- Brownie Safety Award: Activities help girls stay safe at home and on outings

 **Pro Tip:** Spend some time with Girl Scout Juniors in your service unit who are getting ready to go or have just returned from the bridging event in San Francisco

Program Ideas using Badges and Journeys

All Journeys and Badges are available on the [Volunteer Toolkit](#).

Brownie Quest Badge Activity Set:

- **Computer Expert:** Plan a trip online in Step 3. Don't forget to have your girls complete the Online Safety Pledge in the *Brownie Girl's Guide to Girl Scouting*.

WOW! Wonders of Water Badge Activity Set:

- **Hiker:** Steps 3 and 4 help girls learn the importance of picking the right gear and packing the right snack.
- **My Great Day:** In Step 1, girls learn how to get themselves up and ready for the day and challenge themselves to maintain this for two weeks. This is great practice for when the girls are away for the weekend.

Outdoor Badges:

- **Cabin Camper Badge** (part of the Brownie Outdoor Journey & Badges): Girls create packing lists for a longer outing and plan activities for their adventure.

🍀 **Pro Tip:** *If girls complete Brownie First Aid (Brownie Girl's Guide to Girl Scouting), Hiker (WOW! Wonders of Water Badge Activity Set), and Cabin Camper, the girls can complete the Outdoor Journey by doing a Take Action Project!*

Brownie Quest Journey:

- **Creative Detours:** This can be found in the "How to Guide." It encourages girls build confidence and learn new skills by taking trips, using maps, and going on scavenger hunts.
- **Making a Brownie Team Agreement:** Many travel groups have group agreements that outline expectations in the areas of participation, conduct, financial responsibilities, and more. It is never too early to help the girls learn the importance of commitment and responsibility when planning for a trip.

WOW! Wonders of Water Journey:

- Although the activities in this Journey aren't directly linked to preparing for travel, this Journey encourages girls to learn about water resources around the world and provides a starting point for conversation about how things are different in other countries.

🍀 **Pro Tip:** *Conversations inspired by this Journey could trigger an idea for a future travel experience for your girls!*

A World of Girls Journey:

- Although the activities in this Journey aren't directly linked to preparing for travel, this Journey encourages girls to learn about people and places around the world and discusses passports and what they are used for.

🍀 **Pro Tip:** *This Journey lists international games and many words from other countries, which might inspire your girls to plan for future travel experiences.*

Year 3 and Year 4: *The Junior Years*

Training Requirements:

- All troop leaders attend Junior Essentials Training.
- Complete Level I First Aid/CPR training. It is important to make sure that certification is current and up to date. While only one leader is required to have Level I First Aid/CPR training, we strongly recommended that there are at least two adults on every outing with this training.
- At least one leader attends Travel Training. This person must work with the girls when planning the trip, is responsible for completing all required paperwork, and must go on the

trip. Like First Aid/CPR Training, we recommend more than one person to complete this training.

Girl Progression Activities:

All training requirements must be completed BEFORE the troop can participate in the following activities:

- Spend the weekend together at a farther destination. Try a Program Center located in a neighboring council or look into the San Diego or Los Angeles/Hollywood/Santa Monica “Getaways” listed on the GSUSA website: forgirls.girlscouts.org/travel/take-a-trip/getaways
- If your troop’s schedule and funds permit, try the Yosemite Fun! “Getaway” for a weekend. It is also listed on the GSUSA website.

NOTE: *Because Yosemite is more than 300 miles in one direction from anywhere in Orange County, a leader MUST be complete Travel Training before taking this trip.*

- Closer to the day of departure for San Francisco, take a long day trip using public transportation, such as taking the train to San Diego or Santa Barbara and then using the bus, metro, or light rail to visit various sites. Girls should pack and carry what they need for the day.

Parent and Me overnights do not count towards progression of experiences. The goal is to prepare the girls AND their parents for time and distance away from each other.

Program Ideas for Travel Progression:

Below are some great program ideas in the *Junior Girl’s Guide to Girl Scouting* that can help prepare girls for successful travel experiences:

- Junior First Aid: Teaches girls what to do in an emergency and to put together a portable first aid kit perfect for traveling
- Bridging to Cadettes: Spend some time with Girl Scout Cadettes who participated in the bridging event in San Francisco when they were Juniors.

Program Ideas using Badges and Journeys

All Journeys and badges are available on the [Volunteer Toolkit](#).

Agent of Change Badge Activity Set:

- **Digital Photographer:** Prepare to take great photos of your trip and document your adventure to share with your friends and family.
- **Stay Fit:** Step 1 gets girls to be more active and helps them prepare for the long hike across the Golden Gate Bridge.
- **Scribe:** Steps 4 and 5 encourage girls to write about something they did and a place they want to visit.

Get Moving! Badge Activity Set:

- **Independence:** Step 1 is completed when girls use public transportation. Taking the train up to Los Angeles for the day is a great way to prepare your girls for public transportation in San Francisco. Girls show off their independence and complete Step 5 when they go on their trip as a troop!

aMuse Badges:


- **Geocacher:** If your girls like geocaching, make time on the trip to locate a geocache...they are all over San Francisco!
- **Social Butterfly:** Steps 2 and 5 teach girls table manners, which are always a good idea when eating out. They will also learn tips for making conversation with other Girl Scouts they may not know.

Outdoor Badge Activity Set:

- **Outdoor Art Explorer:** Step 2 gets girls to make something wearable, which can be used on a troop outing. Singing when hiking or at any outdoor event completes Step 3.
- **Eco Camper Badge** (part of the Junior Outdoor Journey & Badges): Two activities, The Camp Planning and Gear Share and Compare, can easily be applied to travel plans and packing (Eco Camper Session 1).

Agent of Change Journey:

- Use the “Fist to Five” activity to get consensus from the group. This handy technique will be very helpful in planning activities and making decisions for any trip.
- The Journey includes the Power of Team in addition to girls learning about their individual power. The girls should be working in teams to plan their trip and while traveling.
- The “Pull Out the Positive” activity found in the “How To Guide” is great for evaluating any activity, especially a trip.

 **Pro Tip:** *The steps outlined in planning the Take Action Project for this Journey are very similar to the steps girls will need when completing the girl section of the troop travel application—making a budget, arrange transportation, deciding on travel preparation responsibilities and more.*