Cadette Planning Retreat

Things to prepare ahead of time

When to have it: Consider holding your retreat in conjunction with your troop’s bridging ceremony so that girls who are uncertain about continuing get a better idea as to what to expect as a Cadette. If your troop will work on badges at your retreat,

Where to hold your retreat: You want your retreat to be both an experience that the girls will remember and an experience that resonates with the girls. If your troop loves being outdoors, hold your retreat at camp over a weekend. If your troop isn't the outdoorsy type, you could hold an overnight at a house or a local gym or recreation center that allows lock-ins.

What information should you have on hand: There are many activities available at the Cadette level that are unavailable for younger girls. Have some information on hand about:

- Information about Cadette-level badges and journeys
- Silver Award and Silver Award training dates
- Information on travel and adventure experiences (GS Destinations, high adventure activities like rock climbing or kayaking, and Outward Bound)
- School calendar
- Complete the Outdoor 2 training if you will be cooking outside

If you are unsure as to where to find these resources, please contact your Troop Support Specialist.

What does the troop need to do before the retreat: The success of your retreat hinges on its ability to be girl-led, so before the retreat, the girls should decide:

- Decide where and when the retreat will take place
- Agree which activities should occur during the retreat
  - Make troop t-shirts
  - Sing songs-Cadette Girl Scout Way
- Which girls will run for executive board or patrol leader, position responsibilities and election procedure
- What food will be prepared (this would be a great time to earn the New Cuisines badge)
- Have a list of dates that could potentially conflict with meetings or outings
- Decide on how the bridging ceremony will go if you plan on holding one at your retreat
Cadette Planning Retreat Overnight at Camp – Potential Schedule

Making a weekend out of your Cadette planning retreat could incentivize girls who may be on the fence about staying in Girl Scouts to stay. This is what a Cadette planning retreat could potentially look like. Activities can be shortened or omitted at the troop’s discretion.

Day 1
5:00-5:30 pm: Girls arrive  
5:30-6:30 pm: Explore Camp  
6:30-8:00 pm: Dinner (tie in with New Cuisines Badge)  
8:00-9:00 pm: Troop Elections/Patrol Formation/Kaper Chart for weekend  
9:00-10:00 pm: Campfire  
10:00-10:30 pm: Wind Down  
10:30 pm: Lights Out

Day 2
8:30-9:00 am: Wake Up/Get Ready  
9:00-9:30 am: Breakfast  
9:30-10:30 am: Morning Hike & Flag Ceremony Practice  
10:30-11:30 am: Troop Business, Part 1 (Badges/Journeys, Service Projects)  
11:30-12:00 pm: Kapers  
12:00-1:00 pm: Lunch  
1:00-2:30 pm: Craft Time (consider the Outdoor Art Apprentice badge or Field Day part 1)  
2:30-5:00 pm: Troop Business, Part 2 (Goal Setting, Field Trips, Travel, High Adventure)  
5:00-6:00 pm: Free Time  
6:00-7:30 pm: Dinner  
7:30-8:30 pm: Troop Business, Part 3 (Money-Earning, Events)  
8:30-10:00 pm: Campfire/Sing-a-long (Girl Scout Way)  
10:00-10:30 pm: Wind Down  
10:30 pm: Lights Out

Day 3
8:30-9:00 am: Wake Up/Get Ready  
9:00-9:30 am: Breakfast  
9:30-10:30 am: Play a Game/Sport  
10:30-11:30 am: Troop Business, Part 4 (Year Plan Calendar)  
11:30-12:30 pm: Lunch  
12:30-1:30 pm: Pack up, Kapers  
1:30-2:30 pm: Bridge to Cadettes Ceremony, Closing Ceremony (invite parents)  
2:30 pm: Parent Pick-up