

## Trail Adventure (sample agenda)

**Virtual Meeting Adaptation: Troop leaders have shared that the most successful virtual meetings allow plenty of time for games and socialization. Consider adapting the Meeting Plans in the Volunteer Toolkit in this way:**

### Meeting Framework: 3 meetings, 90 minutes each

General Sequence	Meeting 1	Meeting 2	Meeting 3
Welcome	Opening Ceremony (10 min)	Opening Ceremony (10 min)	Opening Ceremony (10 min)
Program Activity 1	Select an activity (25 min): - Talk to an Expert Trail Runner or Backpacker - Watch Videos About Your Adventure - Explore What You Will Do	Select an activity (45 min): - Visit an Outdoor Adventure Retailer - Talk to a Competitive Trail Runner or Backpacker About Gear - Compare and Share	Select an activity (80 min): - Create Your Action Portfolio - Engage and Explore - Keep an Adventure Journal
Program Activity 2	Select an activity (20 min): - Know the Language - Get Planning Tips from an Expert - Find out About Common Trail Injuries	Select an activity (25 min): - Practice Mind Training - Take a Practice Run or Hike - Get Expert Training Tips	
Social Activity	Plan and Prepare (25 min)	Yoga activity (if time allows)	
Closing	Closing Ceremony: Choose Activities (10 min)	Closing Ceremony and Choose Activity (10 min)	Closing Ceremony: Senior Trail Adventure Award (10 min)