

Free and inexpensive trips

With any trip you do, remember to check Safety Activity Checkpoints (<http://www.girlscoutsgwm.org/Volunteers/safety.html>)

Some trips are listed with ideas of how they will tie into you're the Journey program your girls are doing but you can customize each trip to fit the interests and outcomes your troop is working towards (remember that all trips need to tie into at least one of the 15 outcomes in the Girl Scout Leadership Experience - http://www.girlscouts.org/program/journeys/transforming_leadership_17.pdf

All trips should be GIRL LED and build on helping girls to progress in their skills in trip planning (for more information, check in your Volunteer Essentials manual).

Trips to take in your town/community:

Fire/Police Department - (ties in with community connections in many of the journeys)

Hospitals (great way to earn a safety badge and creating a troop first aid kit)

Stores - Hannaford does a great tour (tie into the many healthy eating activities in all the journeys)

McDonald's - get a behind the scenes tour and they will give you a free burger and drink (each McDonald's is a local franchise, so see if your local McD's will do this)

Call your local pizza place, many will show you around and let the kids can make a pizza

Visit all the stores in your downtown district (this ties in with the "It's Your World -Change it" journeys to get an idea of needs in their local community)- ask each store to talk a little about what they do (the shoe store can let girls find their shoe size, the florist talked about flower arrangements, the book store read girls a story, the bakery can show them how cakes are decorated, etc)

Local Museums (look for small museums in your community but you can also see the attached list)

Bank (a great way for girls to learn about investing the money they earn if they are planning an extended trip)

Local Pet store

Local Airport

Town Historical Societies (they love to have girls visit to learn about their town)
Find out about local organizations that girls can visit or that will send members to speak to the girls (the VFW has given talks on Flag Etiquette and has donated flags to troops)

Nearby college - often they have free tours (science departments are great to tie into "It's Your Planet - Love it). PSU in Plymouth, NH has a Weather Center and an indoor planetarium.

Local Ice or Roller skating rink (remember to get a certificate of insurance)

Beautician School - Talk to some one in administration. They will talk to girls about personal hygiene and may also be able to give manicures, pedicures, etc .

Humane Society - If you go with donations (paper towels, pet supplies) they really appreciate it. Call ahead to ask what they need.

TV , Cable Access or Radio station - Girls can learn about media and may also be able to do a Girl Scout PSA - great for the MEdia Cadette Journey

Local Newspaper - connect to It's Your Story - Tell It

State House - call your town's representative and see if you can get a tour

Home Depot and Lowes- you can schedule a trip for when they have their kid's workshops and girls can make a hands on project

Michael's Craft Store offers Saturday kid's crafts for free or a nominal fee. You can check out their schedule on

http://www.michaels.com/art/online/static?page=kids_events

Know your girls! Find out if family members have an affiliation that could be used for trip ideas

Outdoors activities:

Fish Hatcheries - great trips - there are hatcheries located all around NH and VT.

For info in VT go to http://www.vtfishandwildlife.com/fisheries_hatcheries.cfm

For info in NH go to

http://www.wildlife.state.nh.us/Inside_FandG/hatcheries_visitor_centers.htm

There are several Audubon's in NH and VT - find one near you at

<http://www.audubon.org/search-by-zip>

Site to US state parks with ideas of things for children -

<http://www.discovertheforest.org>

There is also a Junior Ranger program girls can participate in (there is one park in NH and one in VT that participates) to find out go to

<http://www.nps.gov/learn/juniorranger.cfm>

Maple Sugaring - (we have a GSGWM Maple Sugaring Patch)

In NH - <http://www.nhmapleproducers.com/>

In VT- <http://www.vermontmaple.org/>

Apple Picking (we have a GSGWM Apple Quest Patch) - find a local apple orchard near you at <http://www.applejournal.com/trail.htm>

Camping:

Link to our council property page (your girls can earn their GSGWM Super Troop Camper Patch) <http://www.girlscoutsgwm.org/Volunteers/council-properties.html>

State parks are very inexpensive. To find out about NH state parks

<http://www.nhstateparks.org/> and to find out about VT state parks

<http://www.vtstateparks.com/>

Looking to camp on the ocean? Salisbury Beach Reservation (right on ocean, \$20 a night for electric and water on site) <http://www.mass.gov/dcr/forparks.htm>

Eastern Mountain Sports Stores www.ems.com - will teach the girls about equipment they need for camping and they offer a Girl Scout member discount twice a year (club days).

Patch programs:

Check out all that GSGWM has to offer at

<http://www.girlscoutsgwm.org/Girls/patch-programs.html>

Walk the freedom trail in Boston (USS Constitution and museum are free and were great). You can get a scavenger hunt from the Girl Scouts of Eastern Mass website and then purchase patches for girls who walk all or part of the trail

<http://www.girlscoutseasternmass.org/forms/Patch-Freedom-Trail.pdf>

State Specific (for attractions that have a cost, you can check for free passes at your local library):

NH (to see a list of many NH activities go to <http://www.familydaysout.com/kids-things-to-do-usa/newhampshire/>)

Stony field yogurt, Londonderry- visits the factory store and if you call ahead, you can get an educational experience - contact vc@stonyfield.com or 603-437-4040, x3270.

Franconia Notch - you can visit the museum at the base of the flume for free and there are lots of great places to pull off and learn about the notch (Basin, Boise Rock, Old Man Memorial). There is also a free ski museum at the Cannon Tram.

Loon Wildlife Sanctuary in Moultonborough (free) <http://www.loon.org/loon-center-markus-sanctuary.php>

Charmingfare Farm in Candia <http://www.visitthefarm.com/>

Wright Museum in Wolfeboro <http://www.wrightmuseum.org/>

Currier Museum in Manchester is free for children

Clark House in Wolfeboro

Remick Farm in Tamworth

Ramblin' Vewe Farm in Gilford, NH (call ahead for a tour and there are also great hiking trails around the property)

VT -(to see a great list of fun things to do in VT check out <http://www.familydaysout.com/kids-things-to-do-usa/vermont>)

Adams Farm
15 Higley Hill Rd., Wilmington VT, 05363
464-3762 <http://www.adamsfamilyfarm.com>

Ben & Jerry's
Rte. 100, PO Box 240, Waterbury VT, 05676
<http://www.benjerry.com>

Cabot Creamery
Cabot Creamery Rte. 2 to Rte. 215, Cabot, VT 05647
800-837-4261 <http://www.cabotcheese.com/visitus.html>

Crowley Cheese Factory
off Rt.103, Heraldville, south of Rutland, VT 259-2340

Fernwood Llama Farm
9 Gould Road, Tunbridge, VT 05077
889-9611

Horticultural Research Center
Green Mountain Drive, South Burlington, VT
http://pss.uvm.edu/dept/hort_farm/

King Arthur Flour
Norwich, VT
800- 827- 6836

Lake Champlain Chocolates
750 Pine Street, Burlington, VT 05401
864-1807 www.lakechamplainchocolate.com

Neighborly Farms
Rob and Linda Dimmick, Randolph Center, VT

New England Culinary Institute
250 Main St., Montpelier VT, 05602
223-6324 www.necidining.com

Paul Miller Research Complex
Spear Street, South Burlington, VT
<http://www.uvm.edu/cals/farms/pmiller.htm>

Porter Music Box Company
Rte. 16, PO Box 424, Randolph VT, 05060
728-9694 <http://www.portermusicbox.com>

Rock of Ages Granite Quarries
773 Graniteville Rd, I-89, Exit 6, Graniteville, VT 05654
476-3119 <http://www.rockofages.com>

The Plymouth Cheese Factory
Plymouth, VT
<http://www.vtcheese.com/vtcheese/trail/Plymouth/plymouth.html>

Vermont Soapworks
616 Exchange Street, Middlebury, VT 05753
866-762-7482 www.vtsoap.com

Vermont Teddy Bear Company
Rt. 7, Shelburne, VT
985-3001

If you have a great idea for a free and inexpensive trip, email your idea to dking@girlscoutsgwm.org and we can add it to this list. Thank you for all you do for your girls!!