

Sally Kettle's "I'm an adventurer" badge in a night!

Sally Kettle is our very own Adventurer. She's the first woman to row the Atlantic Ocean twice from East to West!

"When I was a young Girlguiding member, the only adventurers were men, so I was really keen to re-engage with Girlguiding to show young women that they too can get out there and give adventure a go!"

- Sally Kettle

Want to earn your "I'm an Adventurer!" badge? Spend a night having a go at the activities in this pack. You can do as many as you like, but have a think about which activities will suit your unit best. Some are aimed at Rainbows and Brownies, while others are more for Guides and Rangers. You'll find the badge [in our shop](#).



1 Ocean wildlife

When Sally rowed across the Atlantic, she met loads of marine life. What kind of wildlife do you think Sally might have encountered? What would you like to see if you were out on the ocean?

2 Get creative

Using Sally's boat picture as inspiration, draw yourself in a rowing boat.

- Would anyone be in the rowing boat with you? Sally went with her mum the first time and 3 other girls the second time.
- Where would you sleep? What type of food would you take?
- Don't forget to draw the wildlife that you might see on your adventure!



3

Sally's ocean wildlife bingo

You can download Sally's ocean wildlife bingo instructions on Sally's Ambassador page.



4

Lost at sea

You and your team have chartered a yacht. None of you have any previous sailing experience, but you have hired an experienced skipper and two-person crew. As you sail through the Atlantic Ocean a fire breaks out and much of the yacht and its contents are destroyed. The yacht is slowly sinking. Your location is unclear because vital navigation and radio equipment has been damaged. The yacht skipper and crew have been lost trying to fight the fire - you'll have to figure out how to survive without them.

Your best guess is that you're approximately 1000 miles south of the nearest landfall - that's a long way! You and your friends have managed to save the following items:

Shark repellent	Floating seat cushion	3m.sq opaque plastic	Maps of the Atlantic Ocean	Small mirror
Sextant	2ltr can of oil and petrol	Bottle of rum	Case of army rations	Small transistor radio
3ltrs of water	Fishing kit	5m nylon rope	Mosquito netting	2 boxes of chocolate bars

You also find:

- A four person life raft
- Three boxes of matches
- Three £10 notes

In teams, put the items in order of importance and then feedback why you chose that order. Once you've ordered your items, have the leaders go through the answers to see who was right!

Lost at sea answers:

According to experts the best items you would need if you were stranded in the ocean are those that attract attention and stuff that aids survival until rescue arrives. Navigation equipment like a sextant is a bit rubbish even if you were able to reach land. It would be impossible to store enough food and water on a small life raft to survive for a long time. Without signalling devices, there is almost no chance of being spotted and ultimately rescued. Interestingly, most rescues occur within the first 36 hours – but don't eat all the chocolate in that time!

So what are the most important things to take?

1. Small mirror – critical for signalling
2. 2ltr can of oil and petrol – critical for signalling. The mixture will float on water and could be ignited with one of the £10 notes and match. However, you would have to watch out if the wind pushes the raft into the flames!
3. 3ltrs of water – you'll need to ration, but thirst will kill you faster than hunger.
4. Army rations – again, you'll need to ration!
5. 3m.sq opaque plastic – you can use this to collect rainwater and provide shelter
6. 2 boxes of chocolate bars – reserve food supplies (and morale boosters!)
7. Fishing kit – fishing is hard work, but it could provide a sustainable food supply and keep you busy.
8. 5m of nylon rope – to tie people and equipment together to prevent them from going overboard.
9. Floating seat cushion – use as a life preserver if someone falls overboard.
10. Shark repellent – Just in case! Sally had a shark attack, so it could happen!
11. Bottle of rum – useful as an antiseptic, but will dehydrate you if drunk.
12. Small transistor radio – this won't work unfortunately. But you could occupy your time looking at the inner workings of it!
13. Maps of the Atlantic Ocean – not that useful, although it could give you an idea of whether you were in shipping lanes to help you guesstimate how long it might take to float to land. Or you could use it as loo paper!
14. Mosquito netting – there are no mosquitos in the Atlantic! You could try fishing with it, but the fishing kit may be better. It could be worth the experiment though! You could also use it to store fish once you've caught them.
15. Sextant – without the right tables, this is pointless.

How did you do? Did anyone get the list right? How hard was it to agree on what was most important?