

Vitamin “N” Patch Prescription

Don't forget to take your daily dose of Vitamin Nature!

DOSAGE INSTRUCTIONS

To earn your Vitamin "N" Patch, "take" one activity from each of the three **Nature Exploration** categories listed ON BACK OF FLYER:

- **Nature Niche—Try Something New Outdoors**
- **Mindful Moments in Nature**
- **Eco-Warrior Activities**

You may complete them individually or combine all three into one fulfilling outing with your troop, with service unit, at camp, with family, or even on your own.

PATIENTS

All girls (Daisies-Ambassadors) & all adult members including alum!

DOSAGE WINDOW

Anytime/anywhere from January 1, 2025, to December 31, 2025

PRESCRIPTION COST

\$2.00/fun patch (size is 1.38” wide x 3.25” long)

ORDER REFILLS

No need to pre-register—just take your prescribed Vitamin N & buy your patches here: www.gsvsc.org/adventurers

QUESTIONS FOR THE DOCTOR

540-777-5100, info@gsvsc.org

This fun patch is prescribed in honor of Adventurers Founder Barbara Duerk, who encourages everyone to take their daily dose of Vitamin N! For best results, repeat as often as needed for outdoor joy and wellness.



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To earn your Vitamin "N" Patch, "take" one activity from each of the three **Nature Exploration** categories listed below.

NATURE NICHE—TRY SOMETHING NEW OUTDOORS

Take one “dose” of a new-to-you outdoor activity or sport! Pick from the list below or discover your own way to play outside:

- **Hiking, trail running, mountain biking**
- **Rock climbing or bouldering, caving**
- **Bird watching, kayaking, paddleboarding**
- **Outdoor yoga, archery, axe-throwing**
- **Disc golf, slacklining, geocaching**
- **Pickleball, footgolf, orienteering**

(SIDE EFFECTS: increased confidence, fresh perspectives, stronger muscles, new hobbies)

MINDFUL MOMENTS IN NATURE

Take one “dose” of outdoor mindfulness to recharge your mind and body with a mindful activity in nature. Choose one or more of the following:

- **Journaling or sketching during a nature walk**
- **Meditation in a meadow or forest bathing**
- **Hug a tree & try grounding exercises**
- **Mindful photography, nature sound baths**
- **Stargazing, reflection, or nature mandalas**

(SIDE EFFECTS: calmness, connection with nature, peaceful moments, new self-discoveries)

ECO-WARRIOR ACTIVITIES

Take one “dose” of eco-conscious actions to make a positive impact on the environment! Practice and share sustainable actions with friends and family:

- **Learn about environmental awareness or Leave No Trace**
- **Try a creative upcycle project**
- **Plant a mini-garden or herb garden at home**
- **Litter clean-up at a local park or trail**

(SIDE EFFECTS: sense of accomplishment, positive change, greener surroundings)