



Enjoying the Outdoors, Indoors

Girl Scout Alicia Leilani Randall, Troop #4601

Project for my Gold Award

HOW TO PREPARE FOR A VIRTUAL HIKE

Here are the top rules to get the most out of your virtual hike—whether you’re streaming a guided trail tour, exploring via Google Earth, or trekking in VR:

1. Test Your Tech First

1. Ensure your internet connection is stable and your device (computer, tablet, headset) is fully charged.
2. Check audio/video: headphones or speakers, camera (if needed), and any required apps or plugins.

2. Pick the Right Platform & Content

1. Choose a high-quality stream or VR app with good reviews (e.g. National Park Service virtual tours, Google Earth Voyager, or dedicated VR hiking apps).
2. Make sure the terrain and narration match your interests and skill level.

3. Set Up an Immersive Space

1. Clear distractions: close unrelated tabs, put your phone on silent, and dim bright lights.
2. If possible, go full-screen or “theater mode” to focus on the scenery.

4. Follow “Trail Etiquette” Online

1. Mute yourself when you’re not speaking in a group tour.
2. Use chat or Q&A features to ask questions without interrupting the guide.
3. Be punctual—join a few minutes early so you don’t miss the start.

5. Stay Engaged & Interactive

1. Take notes or screenshots of interesting landmarks, flora, or wildlife.
2. Share observations in chat or with fellow hikers—“I love that waterfall view!”
3. If the platform allows, pause to explore 360° panoramas or “click” into side trails.

6. Mind Your Comfort & Health

1. Stand up, stretch, or even walk in place during long sessions to keep blood flowing.
2. Keep water and a light snack nearby—just like on a real hike!
3. Adjust volume and brightness to avoid eye and ear strain.

7. Reflect & “Log” Your Hike

1. Jot down what you saw, learned, or want to explore next time.
2. Bookmark favorite virtual trails or add them to a shared list for friends.

With these rules, your virtual hike will be as engaging—and as rejuvenating—as hitting the real trails. Lace up your comfiest chair, fire up that stream, and enjoy the view!

