



Seeking Sasquatch

Patch Program

Steps:

1. Who or What Is Sasquatch and What Is Sasquatch Tracking?
2. Exploring the Outdoors
3. Identifying the Outdoors
4. Getting Proof
5. Do You Believe?
6. What If

Purpose:

When I've earned this patch, I will know how to:

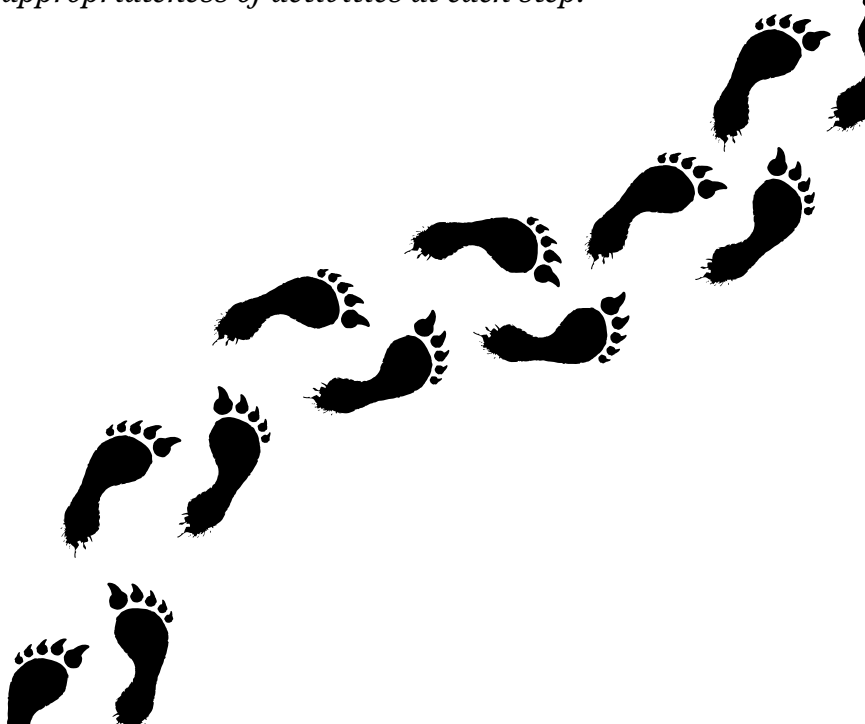
- Be prepared when heading outdoors
- Identify what I find in the outdoors
- Investigate my surroundings
- Document my findings
- Think critically about information and its source
- Draw conclusions and formulate my own opinions through research



Before You Begin

You will need a field journal—a journal that you can keep with you at all times. Field journals are often small and can fit in a pocket or bag. It is vital for you to have your field journal during our search for Sasquatch. It will be a place to take notes on what you see, hear, and maybe even smell. It is a place to note what you are looking for and what you find, a place for you to write down your ideas and a way for everything to be kept in one place! Speaking of supplies, there are some items you might need throughout your Sasquatch adventure. You may be heading outside or onto a trail, so you should be prepared with sturdy shoes, a backpack with all your essentials, snacks, and an adult to help you. Some steps in this patch program will also require you to look up information online, so be sure to take your [Girl Scout Internet Safety Pledge](https://www.girlscouts.org/internetsafetypledge) at [girlscouts.org/internetsafetypledge](https://www.girlscouts.org/internetsafetypledge) before going online! This patch program is based on the book “The Search for Sasquatch” by Laura Krantz and has been created with Laura Krantz’s support.

The Seeking Sasquatch patch was created and intended for Girl Scout Cadettes, Seniors, and Ambassadors. Other Girl Scouting levels can also earn this patch, but may need a higher level of adult involvement to ensure clarity and the age-appropriateness of activities at each step.



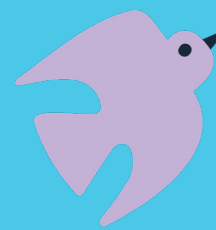
Step 1

Who or What Is Sasquatch and What Is Sasquatch Tracking?

Sasquatch, Bigfoot, Grassman, Skunk Ape, Yeti. Whatever you call it, it means the same thing—a large, hairy, unidentified creature, walking on two legs and roaming the wilderness around us. For simplicity, let's call it Sasquatch. But where did this creature come from? Why is there so much mystery around it? What do we actually know? There are so many questions yet to be answered around this topic! How do we get to the bottom of this mystery? Let's look at some of the work folks are doing to solve these strange mysteries and how we can learn to answer some of our own questions about them. Pick from the activity options below to begin.

Option 1: Anthropology

This is the study of human beings in the past and present. There are many different fields of anthropology. Some anthropologists study biological differences and similarities, some study culture, and some even study languages. One of the things that biological anthropologists have looked at is the evolution of humans through time and all the adaptations or changes we've gone through. They do this by looking at fossils, artifacts, human remains, and even primates. Primates? Yes! Primates often called monkeys are closely related to humans. Based on the information we have, Sasquatch is sometimes thought to be some sort of creature between a primate and a human. This could be possible based on the theory of evolution and the many branches, each with different adaptations, that humans have gone through. Adaptations are changes through time that allow something to better fit into its environment. This evolutionary tree, we will call it, sort of resembles a family tree with the branches getting further apart as each member grows up and has their own family. So, it's your turn to be the anthropologist of your own lineage!



Look into your family history and build your own family tree. See how many branches you can find on your tree and how far back you can trace it. Use your field journal to keep track of your tree.





Option 2: Journalism

This is writing and reporting out the truth. We see journalists on the news, we read their work in magazines and newspapers, we hear them on the radio, and we search through their stories online. Almost all of our information comes from journalists in one form or another, telling us a story about something. Tales of Sasquatch have often reached us through journalists retelling and summarizing other people's accounts. So, how do they do this? A good journalist knows they have to get to the heart of the story, do some digging, research the facts, question the people involved, and go to the place where it happened. They will take notes on all the information they find, and once they think they have all the details, they will put together a captivating story. You now have the chance to be a journalist and tell the story of someone or something. Pick someone or something that interests you, like a friend or neighbor, or an activity like a recipe or a craft. You are going to tell the story of whatever it is you choose.

If it's a person, you'll need to start by interviewing them. Ask them about their life, where they grew up, their family, what they like to do and how they learned to do it. Take notes of your interview in your field journal. After your interview, you're going to have to do some research. Maybe they said their first car was a '75 VW Bug. Look that up—was it a popular car? Or maybe they said they grew up in a small town. Do some research on the town: Where is it, what is it like, and how many people live there now?

If you choose some kind of activity like a recipe or a craft, you can start by learning how to do it. This might mean making the recipe for dinner, or learning the rules of the activity online, or even watching videos of how it's done. You will also need to do some research to find the facts and the history. Where is this recipe from? Has it changed over the years? Who started this activity, and where is it most popular? Where did this craft come from, and does it have any other significance or meaning?

After you have gathered all the information you can about your subject (person or activity), you are going to need to tell the story. You could do this in the form of a blog post, a video, a social media reel, a typed article, or even just a short "news" report for friends!

Important Note: If you plan to share a person's story online be sure to get their permission to do so before you post.

Option 3: Research

People are out in the world studying information, testing ideas, and investigating theories—all to help figure out the facts and draw new conclusions. This is called research. Have you ever tried to find out more information about something? Did you ask someone questions, or looked in a book, on a computer, or on a phone? You were doing research! Research is being done about almost every single thing you can imagine! The number of stars in the sky? Research. The way bugs communicate? Research. How to make a new...? Research, research, research! Most questions can be answered through research. Research can be challenging and take time, but eventually, answers can be found. Research is done through the Scientific Method. This process has six basic steps:

1. Create a question to investigate
2. Gather any background information
3. Make predictions about the answer to your question
4. Test your predictions
5. Analyze the data you gathered through your tests
6. Draw conclusions
7. Repeat

This simple process leads to lots of complicated answers, and usually even more questions. You're going to need to practice being a researcher and follow the Scientific Method to answer one of your own questions about Sasquatch! You might not be able to test your predictions right now, and that's okay. For this practice session you're going to do Steps 1-3 of the Scientific Method. Then, for Step 4, you're going to design a way you or someone else someday could test your predictions, without actually doing it. We will stop our practice research there for now. So, grab your field journal and begin with crafting a question!

To help you gather background information, consider visiting or calling one of these local Sasquatch-related places!

- [North American Bigfoot Center](#)
- [North Fork Survivors](#)
- [Collings Mountain Trail \(Bigfoot Trap\)](#)
- [Bigfoot Trail](#)





Leave No Trace 7 Principles:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impact
6. Respect Wildlife
7. Be Considerate of Other Visitors



Step 2

Exploring the Outdoors

Before we begin tracking Sasquatch and wandering through the woods, there are a few things we need to know, such as what to bring, where to go, and most importantly—how to go undetected! Prepare for your Sasquatch adventure by completing one or all of the suggested activities below, or by creating an activity of your own that will help prepare you to explore outside.

Option 1: Leave No Trace

An important first step for exploring the great outdoors is to review the seven principles of Leave No Trace. These guidelines help everyone enjoy the outdoors responsibly. It's important that you are familiar with the seven Leave No Trace principles, considering so many of our Girl Scout activities happen outdoors! Write an example in your field journal of how you would follow the principles to help you protect the outdoors for yourself and Sasquatch. Which principle do you think is going to help you the most in your search for Sasquatch?

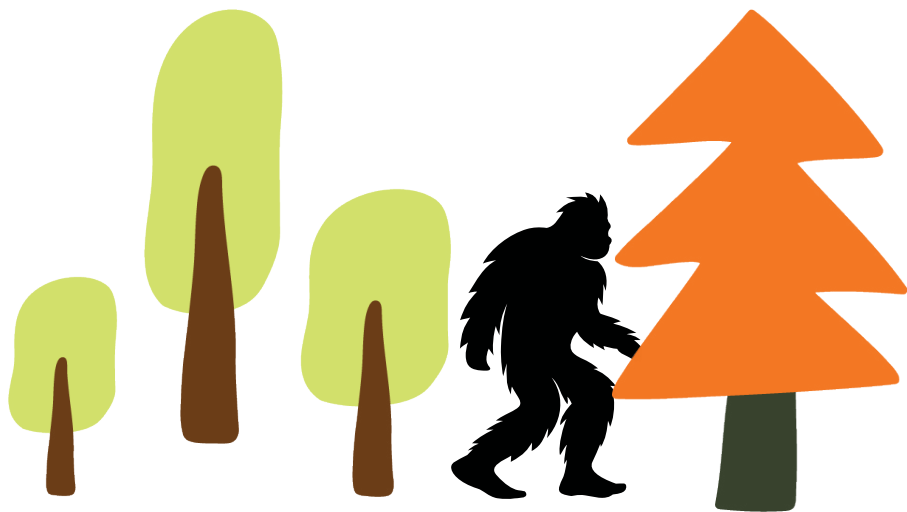


Option 2: Plan a Hike

Before heading outside for an outdoor hiking adventure to search for Sasquatch, we need to make a plan and understand how to be prepared! Research the area you will be hiking while you are looking for Sasquatch. It's important to know how long the trail will be, what the incline is (how steep the trail is), and what the weather for the area will be. You will also need to make sure you're familiar with rules about the area you'll be visiting. Use the [GSOSW Hike Selection Guide](#) to determine what type of hike is best for you! Once you've picked your hike, be sure to pack all the important items to keep you safe in the outdoors, refer to the [10 Essential Outdoor Items](#) to help you get started on what to bring. Remember to keep in mind factors like weather. Use your field journal to keep track of your hike details, packing list, and anything else that might be important to note.

Option 3: Camouflage

Animals use camouflage to hide in many different ways, often hiding in plain sight! Animals blend into nature by having coloring similar to their habitat (the place they live), looking like a different object or animal, or having patterns that make them difficult to track. Look up different animals and find out how they use camouflage to remain hidden. Once you have found an animal that you find particularly interesting, draw or build a shadow box of a habitat that it could camouflage into. Once your habitat is built, print and cut out an image of your animal to see how well it camouflages into your habitat. How can you use what you learn about camouflage to help you find Sasquatch? Make note in your field journal about the type or style of camouflage you might use on your Sasquatch hunt.





Step 3

Identifying the Outdoors

When we are outside, there is always more than just us. From the tiny insects buzzing around, to the deer in a nearby field, even to our friends or family walking beside us, other creatures are always there. Luckily, every creature leaves signs behind that tell us of their presence, even if we don't see the creature itself. Pick from some of the signs below and learn how to identify what made them. Then, go on a walk to see what can be found and identified! While on your walk, be sure to take your field journal to document any findings. Draw pictures, describe it, write about what's around it, where it was found, the date and time, and anything else that might be important to learning more about the creature who left it.

Option 1: Poop

Every creature poops! A wild animal's poop is often called scat. Learning to identify scat is a great way to identify a creature that has been in the area and what that creature has been eating. Research some different types of scat and what creature left it. Don't forget to note your findings in your field journal! After you have learned about different types of scat, head outdoors and see what scat you can find.

Option 2: Footprints

Footprints, often called tracks, are a great way to identify the creatures in an area—but only if you have the right kind of surface. Creatures don't leave tracks on every surface. Using your own footprint, test out some different surfaces, such as grass, rocks, wet mud, dry mud, wet sand, and dry sand, to discover which leaves the most detailed track. This will help you decide where a good place will be to look for tracks. As you find tracks, sketch them out in your field journal, be sure to note what type of surface you found them on and what animal you think they might be from.

Option 3: Noises

When we don't see something, sometimes we can hear it. When we don't know what certain sounds are, though, it's easy for our mind to jump to conclusions to make them into something they're not. That's why it's really important for you, as a Sasquatch tracker, to be able to identify some of the common sounds around you. Whether you're in the city or in the middle of a park, take some time to listen to what is around you. Use your resources to identify what it is you hear. Don't forget to add your findings to your field journal!

Option 4: Plant Identification

Many creatures eat plants or use plants to survive in some way. Understanding what plants are important to what creatures, how they use them, and the plants' role in the ecosystem will tell us a lot about what else is in the area. A good starting place is to learn some of the common plants in your area and their role in the ecosystem. You can begin to identify local plants by borrowing a plant identification book from a local library, taking a walk in an arboretum, talking to an expert, or even researching online. Once you know what the plant is, it will be a lot easier to learn more about it. Go outside and find three plants that seem interesting to you, identify them, and then discover their role in the ecosystem and what animals interact with them. Sketch out a picture in your field journal of each plant and make notes on your findings.

Option 5: Animal Identification

If we are out looking for Sasquatch, we need to be able to tell it apart from whatever else we may see. Knowing the types of animals that are in your area and how to identify them is a great place to start. You can begin by borrowing an identification book from a local library, visiting a nature center, talking to an expert, or even searching online. Go outside and find three creatures to identify. These creatures could be birds, neighborhood pets, or even bugs! Once you have found your creatures, sketch them out in your field journal and make notes of your findings and of the characteristics that helped you identify them.



Step 4

Getting Proof

There has been very little proof found of Sasquatch. What has been found has been questionable at best, like blurry photos and singular footprints. This type of proof, though inconclusive, could still help lead us to Sasquatch. This is why it's important to properly document any proof you find while out Sasquatch tracking. Put on your detective cap and think of some ways you might be able to gather proof if you come across it. Pick from some of the ways below, or think of your own way, and practice around your house or in your neighborhood so you're ready when you go on a Sasquatch adventure!

Option 1: Wildlife Photography

They say a picture is worth 1,000 words—what better way to document Sasquatch than getting a picture of it! Like with any wildlife photography, you have to be ready to take the picture at a moment's notice. Have you ever heard of animals stopping to say cheese to someone?! See if you can talk to someone who takes wildlife photos or look online or at your local library to learn some tips and tricks about how to capture that perfect shot. Then, using any camera you have, take to the outdoors! Birds are everywhere and make excellent test subjects. See if you can get some of your photos printed to add to your field journal. Don't forget to add notes about the location, date, and time you took each photo. As a bonus, try to identify the animals you photograph.



Option 2: Footprint Casts

If you are lucky enough to come across a Sasquatch track, that's some pretty exciting proof. But what now? You can't pick that footprint up and take it with you...or can you? Learning to take a cast of a footprint lets you preserve that track and take it with you! Making a plaster cast is simple, fun, and can be done from the field—if you remember to bring your supplies. All you have to do is mix one part water and two parts plaster in a plastic cup. It should be a little thick, but still able to be poured, similar to pancake batter. Mix enough plaster to fill the track. Once mixed, you will have to work quickly—it will start to harden within 10 minutes. Gently pour the plaster into the track (you can even let it overflow a bit), then let it dry. Once dry, you can lift the plaster up out of the track and you should have a replica! Practice making a cast of your own footprint or of a track you found in wet sand, mud, or even soft dirt. Don't forget to sketch a copy of your practice tracks in your field journal. After you are done, be sure to clean up to leave no trace!

Option 3: Plant Preservation and Sampling

Learning about local plants can help teach us about the creatures living in the same area and how they survive. From looking at the big picture of the entire ecosystem and how it works together, to examining one single plant, we can learn a lot about the area and the adaptations the creatures in it have made to survive. Remember, we already discovered that adaptations are changes an organism—like an animal or plant—goes through over long periods of time to be better suited to its environment. Take a look at a local ecosystem, or go online, and learn what adaptations those plants have made to be better suited for their environment. This could include things like thicker bark to survive fire, or developing a certain shape of petals to attract specific pollinators. After you have learned about a few of these adaptations, go outside and collect samples* to preserve plants that have made an adaptation. You can preserve a plant by pressing it in a book to dry. Be sure to put printer paper and a paper towel on both sides of the plant (between the plant and the book pages) so you don't get plant juices on the book. Lay your plant flat and close the book, then place some heavy objects on your plant so it dries flat. After a few weeks, take your pressed plant out and add it to your field journal. Tape it in place and make notes about the adaptation, the plant's characteristics, and how you identified it.



*Practice Leave No Trace principles by only collecting leaves and petals you find on the ground. Don't pick flowers and leaves off of live plants.



Step 4

Do You Believe?

Information, like the game of telephone, often comes to us through a filter. Each time information is passed from source to source—it's all been filtered through each person's unique viewpoint and experience.

We hardly ever get our information directly from the source, it's all been told to someone else who then tells it to us. Sometimes a journalist or information source might add some of their own opinions and beliefs into the information they are telling us. This is called adding bias. An example of a biased opinion or statement might be something like this:

If someone is reporting what color the sky is, the basic, most neutral information is that the sky is blue. But, if they said the sky was a happy and peaceful blue, or the sky was a sad and disheartening blue, they are adding their own opinions and feelings to that description. One is a favorable bias, adding a positive impression to the fact that the sky is blue. The other is a negative bias, adding negative feelings to the fact that the sky is blue.

We may not even notice that we have the biases we do. Biases are feelings that we have learned to have about things, and are often based on common stereotypes. This is why it's really important that when we are given information, we investigate where it's coming from and learn how to pick out the facts from the personal opinions. Choose from the activities below to start discovering the different tales of Sasquatch and distinguish the biases that may be in them.

Option 1: Journal

Take a deep dive into all you have learned about Sasquatch. Look at all the evidence that's out there—or the lack of evidence that's out there—to decide what you think. Really look at who and where this information is coming from. Are there biases you should be aware of or watch out for? What do you think—is Sasquatch out there? Does it seem possible or likely that this creature is wandering the woods among us? Or did it used to wander the woods among us? What information seems to make you believe or disbelieve this? Write your thoughts in your field journal.

Stories can carry a great amount of significance to different peoples and cultures. It is important to recognize this significance and treat each story with respect, honoring where it comes from and to whom it belongs. Often the Sasquatch stories that have been told here in Oregon and Washington originated from the Indigenous Peoples of the Pacific Northwest. Many of these stories have been taken and changed to suit whoever is telling the story at the time, without credit or acknowledgment of where they came from. This is one reason why it is important to look at the source of your information and do your own investigation. We encourage you to learn more about the Indigenous Peoples in your region by earning the [Native American Heritage Month Celebration "I am a Girl Scout" fun patch](#).

Option 2: Research

Look beyond our local and modern tales of Sasquatch to the stories told around the world and throughout history. Research some of the Sasquatch-like creatures that are found across the globe to compare and contrast these creatures and their stories. What are some of the similarities you can find between the creatures and stories? What are the differences? As you are looking into these tales, keep in mind the possible biases that are in them. Note all of this in your field journal and then create a map that showcases all the Sasquatch-like creatures across the world. With this new worldwide view of Sasquatch, does it make its existence more believable or less?





Option 3: Other Mythical Creatures

Mythical creatures have shown up in our stories and legends since the beginning of time and across all cultures and places. Mythical creatures often originate from ancient stories or mythologies, and appear in current books, movies and games. Pick a creature that isn't Sasquatch to learn more about. How many different parts of the world have tales about this creature? When did the tales of this creature start? What other sorts of things were happening at that time? What other mythology or stories were being told at the same time and place? Other mythology or stories? When you look at this information and compare the similarities and differences in the folklore, do you think these creatures could be or could have been out in the world and not just in our stories? Whether you think they existed, still exist, or were always make-believe, use the information you have found to create your own description of them. Write or draw in your field journal what habitat they might live in, what sort of camouflage they might use, what they might eat, and so on.

Step 5

What If?

Even though you have all the skills and have been looking in all the right places, you still may not find Sasquatch. If you do—whoa, how cool. Don't forget about us when you become famous! If you don't find Sasquatch, that's okay—now is the time to dream up your own version of Sasquatch! After all, you're basically an expert now. In your field journal, get creative and make your own Sasquatch story. What does it look like? Where does it live? What does it eat? How has it stayed hidden all this time? What does it do all day?

Tell your Sasquatch story in any form you would like. Here are some ideas to get you started:

- Draw a portrait
- Make a comic
- Write a story



Conclusion

Whether you found Sasquatch or not, along your way you discovered how to:

- Be prepared when heading outdoors
- Identify what you find in the outdoors
- Investigate your surroundings
- Document your findings
- Think critically about information and its source
- Draw conclusions and formulate your own opinions through research

And you have earned your Seeking Sasquatch fun patch! You can purchase this patch at any of the Girl Scouts of Oregon and Southwest Washington shops. If you want more information on Sasquatch, check out the book this patch was based on: “The Search for Sasquatch” by Laura Krantz, available for purchase online.



