



Trip Log Information

INTRODUCTION TO TRIP LOGS

Trip logs are **useful as a resource** for planning and organizing outdoor activities and related experiential activities such as adventure games and team building exercises. Oftentimes, **applications for jobs** involving outdoor recreation require a list of your experiences in the field. A **well organized and up-to-date spreadsheet** logging your trips and experiences is generally the most used and accepted form.

Logistics:

General information to include is listed with further explanation per type of trip with more details provided within the sample spreadsheets.

- Dates
- Where
 - ◇ Backpacking: the general area(s) you were in is acceptable
 - ◇ Climbing: general area you are in, specific route names, climb type, and grade are expected
 - ◇ Whitewater: name of river/lake/etc, sections paddled, and class of whitewater are expected
- What - For all trip types: include things like total distance covered, what type of trip (guided, personal, training, ...)
- Who - For all trip types:
 - ◇ type of trip (personal, professional, training, etc.)
 - ◇ name of organization it was with (ex. UNC Chapel Hill)
 - ◇ name of trip is applicable (ex. New student orientation camping trip)
 - ◇ number of participants, etc .
 - ◇ Other - Please see sample logs for other details and ideas

Information NOT to include:

- Small details such as campsites, distance traveled per day
- Do not use slang phrases (such as 'shredded the gnar' or 'super crux-y rock'). While this type of beta is useful for your personal use- do not include it on your professional paperwork.
- Extraneous information. Think about this through the lenses of the employer - they want to know big picture things that speak to your experience. Such as:
 - ◇ Total trips/days spent leading/instructing in wilderness or glacier travel or alpine environments, etc.

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- ◇ Total trips/day spent leading/guiding on class 3+ rivers or lake travel or types of boats
- ◇ Total days/pitches spent guiding on types of climbs

Formatting

- -Be sure to include your contact information in the spaces at the top of the spreadsheet
- Find a method that works for you, is easy to read, and includes all the important information (if spreadsheets don't work for you- find what does or come into the CDC office (log cabin) and we can help you with spreadsheets)
- Having a 'total' line to keep track of total days spent guiding/climbing/paddling can help potential employers see big picture information easily.
 - ◇ If you are spreadsheet savvy- consider breaking down the 'role' section into separate columns (instructor/trainer/trainee/personal/...) and creating a tally system to show number of days spent in each position, etc. *See example of this on whitewater log*