# OAL Adventure Camping Trip Experience Log

Use this log to track your adventure camping experiences. It is especially important:

- If you are new to adventure camping as this log will help you document your experience leading to the requirements of a Safe Guide Trip Assist or Trip Lead.
- If you are new to Girl Guides and have experience from elsewhere, this is a format for documenting your experience.

| **Trip type** (canoe, kayak backpack etc.) | **Dates of trip** | **Route description** | **Length (km)** | **# of trip nights** | **Size and age of group** (adult or youth?) | **Position(s) on trip** (leader, organizer, participant) | **Role in management and prep** (Route planning, food, gear, navigation etc.) |
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