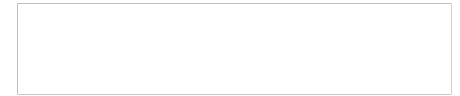


Backpacking Experience

Date:	Route:	State:	# of Days	# of miles	Instructor	Personal trip	Participant	Comments:
Oct-06	Lena Lake - Olympic NP	WA	2	7			x	First backpacking trip ever! With the Student Conservation Association (SCA)
Jun-07	Enchanted Valley - Olympic NP	WA	3	26		x		First personal backpacking trip! Black bears everywhere; more than 10 spotted!
Jun-07	WA Coast - Third beach to Toleak Point	WA	3	12		x		
Oct-07	Lena Lake - Olympic NP	WA	2	7	x			First time assitant leading trip (with SCA)
Jul-08	Denali backcountry unit	AK	4	20			x	First exposure to off-trail travel (with the SCA)
Aug-08	Enchanted Valley - Olympic NP	WA	3	26		x		Came across large elk migration
Jul-09	Chugach National Forest - Trail name unknown	AK	4	20			x	
Oct-09	Cole Mountain	VA	2	6			x	First training trip for Sweet Briar College Outdoor Program (SBC Outdoors) as trip leader
Feb-10	Three Ridges Loop	VA	3	15	x			
Mar-10	Shenandoah NP - Loft Mountain to Thornton Gap	VA	7	52		x		
Jun-10	WA Coast - Third beach to Toleak Point	WA	2	12		x		
Jun-12	Otter Falls and Snoqualmie Lake	WA	3	16		x		
Aug-12	Royal Basin - Olympic NP	WA	2	16		x		
Aug-12	Shanandoah NP - Southern end of park	VA	5	30			x	Training trip for SBC Outdoors
Oct-12	Mount Rogers loop	VA	3	20	x			
Jun-13	Appalachian trail southbound thru-hike	ME-GA	178	2189		x		Solo thru-hike, June 1 to November 25
Jan-15	Browns Hollow	VA	3	12	x			New instructor training for SBC Outdoors

Backpacking Experience - Continued



Date:	Route:	State:	# of Days	# of miles	Instructor	Personal trip	Participant	Comments:
Apr-15	Mount Rogers loop	VA	3	20	x			
May-15	Mount Rogers - Raccoon Branch to Elk Garden	VA	7	50	x			Collaborative trip leader training backpacking portion with Hollins University
Jul-18	Appalachian Trail - Out and back to Upper Goose Pond	MA	3	12		x		
Jan-16	US-60 to BRP along AT	VA	3	12	x			New instructor training for SBC Outdoors
May-16	Pisgah National Forest - Greater Cradle of Forestry area	NC	7	50	x			Collaborative trip leader training backpacking portion with Hollins University
Jul-16	RMNP - Wild Basin - Thinder Lake - Mount Alice	CO	3	22		x		
Oct-16	Mount Rogers loop	VA	3	20	x			
Jan-17	Three Ridges Loop	VA	3	15	x			New instructor training for SBC Outdoors
May-17	Mount Rogers - Raccoon Branch to Elk Garden	VA	7	50	x			Collaborative trip leader training backpacking portion with Hollins University
Jun-17	Appalachian Trail Section around Erwin, TN	TN	4	50		x		
Jul-17	Trial Lake to Bald Mountain Thru - Uinta NF	UT	4	10	x			First outdoor orientation trip with the U - need to increase mileage next year!
Aug-17	Naturalist Basin - Uinta NF	UT	2	12		x		
Sep-18	Grabd Teton - Owen Spalding Route	WY	2	15			x	Had to turn around after upper saddle due to deteriorating conditions
Feb-18	Little Grand Canyon - San Rafael River	UT	3	15	x			New trip leader training for U of U Outdoor Adventures
Jun-18	Mirror Lake to Hayden Pass - Uinta NF	UT	4	20	x			U of U Outdoor Orientation
Jul-18	Mirror Lake to Hayden Pass - Uinta NF	UT	4	20	x			U of U Outdoor Orientation
Aug-18	Thru-Hike of Uinta Highline Trail	UT	9	110	x			New trip leader training for Outdoor Adventures

Canyoneering and Caving Experience

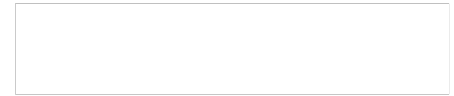


Date:	Canyon/Cave:	Area:	State:	Rating	# of Days	Instructor	Personal Trip	Participant	Comments
Oct-12	Island Ford Cave	Allegheny County	VA		1			x	
Oct-14	Island Ford Cave	Allegheny County	VA		1	x			
May-15	Tawney's Cave	Giles County	VA		1	x			
Feb-16	Starnes Cave	Giles County	VA		1			x	Amazing waterfalls and cave formations
Nov-16	Tawneys Cave	Giles County	VA		1	x			
Mar-18	Hogwarts Canyon	North Wash	UT	3A I	1			x	
Mar-18	West Fork Blarneys Canyon	North Wash	UT	3A II	1			x	
Sep-18	Hogs 4 - Miss Piggy Canyon	North Wash	UT	3A II	1			x	
Sep-18	Morocco Canyon	North Wash	UT	3A I	1			x	Baby scorpion crawling around our anchor

Skiing Experience

Date:	Route:	Range:	State:	# of Days	Instructor	Personal Trip	Participant	Comments:
Jan-18	Bloomington Canyon Yurt	Bear River Mountains	ID	5			x	Backcountry ski training with U of U OA
Jan-18	Big and Little Cottonwood Canyons	Wasatch	UT	2			x	Avalanche safety course w/U of U's U-Explore program
Feb-18	Grizzly Gulch	Wasatch	UT	1		x		Weekend tour
Dec 17-Mar	Multiple personal classic nordic ski trips		UT	15+		x		Groomed and ungroomed trails
Mar-18	Grizzly Gulch	Wasatch	UT	1			x	Weekend tour

Rock Climbing Experience



Date:	Climbing Area:	State:	Sport	Trad	TR	# of Days	Instructor	Personal Trip	Participant	Comments:
Nov-09	Goshen Pass	VA			X	2			x	First time outdoor climbing!
Mar-10	Goshen Pass	VA			X	2			x	assistant leader with SBC Outdoors
Oct-10	Goshen Pass	VA			X	2	x			
Apr-10	Goshen Pass	VA			X	2	x			
Oct-12	Goshen Pass	VA			x	2	x			
Feb-15	New River Gorge	WV			x	3		x		First personal climbing trip and first trip to the New
Feb 15 - Jun 17	New River Gorge	WV	x		x	50+		x		Bi-monthly personal trips to the New River Gorge
Jun-15	Red River Gorge	KY	x			5		x		
Aug-15	Rumney	NH	x			4		x		Summer trip to New England
Jan-16	Red River Gorge	KY	x			5		x		
Mar-16	Goshen Pass	VA			x	2	x			
Jun-Jul 16	Clear Creek Canyon	CO	x			2		x		Summer road trip out west
Jun-Jul 16	Lime Kiln	CO	x			4		x		Summer road trip out west
Jun-Jul 16	Maple Canyon	UT	x			3		x		Summer road trip out west
Jun-Jul 16	Smith Rock	OR	x			4		x		Summer road trip out west
Jun-Jul 16	Vantage	WA	x			1		x		Summer road trip out west
Jun-Jul 16	Ten Sleep	WY	x			3		x		Summer road trip out west
Jun-Jul 16	Wild Iris	WY	x			3		x		Summer road trip out west

Rock Climbing Experience - Continued



Date:	Climbing Area:	State:	Sport	Trad	TR	# of Days	Instructor	Personal Trip	Participant	Comments:
Jun-Jul 16	Rocky Mountain NP	CO				1		x		Bouldering, Summer road trip out west
Mar-17	Bozoo	WV			x	2	x			SBC Outdoors spring break trip
Mar-17	Seneca Rocks	WV				2				SBC Outdoors spring break trip
Mar-17	Hidden Rocks	VA				2	x			SBC Outdoors spring break trip
May-17	Bozoo	WV			x	3	x			
Jun - Aug 17	Reservoir Ridge	UT	x		x	4	x			U of U Outdoor Orientations
Oct-17	Big Bend Boulders	UT				1		x		Bouldering
Oct-17	Wall Street	UT	x			1		x		
Dec-17	Chuckwalla Wall	UT	x			2		x		
Dec-17	Black and Tan Wall	UT	x			2		x		
Dec-17	Moe's Valley	UT				2		x		Bouldering
Apr-18	Maple Canyon	UT	x			2		x		
May-18	Grassi Lakes	Alberta	x			1		x		
May-18	Squamish - Chet	British Columbia	x			3		x		
Jun - Aug 18	Reservoir Ridge	UT	x		x	5	x			U of U outdoor orientations
Sep-18	The Slips	UT		x	x	1		x		First time placing trad gear!
Sep-18	Parley's Canyon, Beachball Wall	UT		x		2			x	U of U OA climbing training
Oct-18	Utah Hills, Chuckawalla, Turtle	UT	x			2		x		So windy!
Oct-18	Beachball Wall	UT	x	x	x	1	x			Helped lead climbing day for AORE WMLI

Whitewater Boating Experience

Date:	River - Section:	State	# of days	# of runs	Miles	Paddle	Oar	Kayak	Canoe	Class	CFS	Instructor	Personal Trip	Participant	Comments and craft:
Aug-10	James - Buchanan to Snowden	VA	4	1	30				x	II-III	700			x	Mad River Explorer 16 (MRE16)
Sep-10	James - Balcony Falls Section	VA	1	1	8			x		III	700	x			Wavesport EZ (WEZ)
Oct-10	Rappahannock - Fredericksburg	VA	2	3	4.5			x	x	III-	400-1200			x	ACA Regional Downriver Race. MRE16, WEZ.
2011-2013	James - Balcony Falls Section	VA	30+	30+	8			x		III	500-8000		x		Monthly/bi-monthly personal floats throughout last year of college. WEZ.
Apr-11	Rappahannock - Fredericksburg	VA	2	3	4.5			x	x	III-	400-1200			x	ACA National Downriver Race. MRE16, WEZ.
Mar-12	Tuckaseegee - Dillsboro	NC	1	1	5.3			x		II-III	600-1000			x	Wavesport Diesel (WD)
Mar-12	Tuckaseegee - Whittier	NC	1	1	8			x		II-III	1500-2500			x	WD
Mar-12	Little Tennessee - Needmore Rd.	NC	1	1	12			x		II	800			x	WD
Mar-12	Nantahala - Power Plant to NOC	NC	1	1	8			x		III	700			x	WD
Apr-12	Tuckaseegee - Dillsboro	NC	2	3	5.3			x	x	II-III	600-1000			x	ACA National Downriver Race. MRE16, Dagger Green Boat (DGB)
Sep-12	James - Balcony Falls Section	VA	1	1	8			x		II-III	700	x			WD
Sep-12	New River Gorge - Cunard to Fayette	WV	1	1	6.5			x		IV	2000		x		Gauley Fest. WEZ
Oct-12	Tuckaseegee - Dillsboro	NC	2	3	5.3			x	x	II-III	600-1000			x	ACA National Downriver Race. MRE16, DGB.
Oct-12	Nantahala - Nantahala Falls	NC	1	4	0.25			x		III	700		x		Multiple laps of Nantahala Falls on the drive home from ACA. WEZ.
Oct-12	Middle Ocoee	NC	1	2	5	x				III+	1250			x	13' paddle raft
Mar-13	Rappahannock - Fredericksburg	VA	1	1	4.5			x		III-	400-1200			x	ACA National Downriver Race. WD.

Whitewater Boating Experience - Continued

Date:	River - Section:	State	# of days	# of runs	Miles	Paddle	Oar	Kayak	Canoe	Class	CFS	Instructor	Personal Trip	Participant	Comments and craft:
Sep-14	James - Balcony Falls Section	VA	1	1	8			x		III	700	x			WEZ.
Sep-14	New River Gorge - Cunard to Fayette	WV	1	1	6.5			x		IV	2000		x		Gauley Fest. WEZ.
Jan-15	Maury - Goshen Pass	VA	1	2	5			x		III+	1000		x		Amazing boof off corner rock. WEZ.
Apr-15	Rappahannock - Fredericksburg	VA	1	2	4.5			x	x	III-	400-1200	x			Participant pinned canoe, first time z-dragging in the field. MRE16, WEZ.
Sep-15	James - Balcony Falls Section	VA	1	1	8			x		III	700	x			WD.
Mar-16	Tuckaseegee - Dillsboro	NC	1	1	5.3			x		II-III	600-1000	x			Assisted in instructing. WD.
Mar-16	Little Tennessee - Needmore Rd.	NC	1	1	12			x		II	800	x			Assisted in instructing. WD.
Mar-16	Nantahala - Power Plant to NOC	NC	1	1	8			x		III	700	x			Assisted in instructing. WD.
Mar-16	Tuckaseegee - Whittier	NC	1	1	8			x		II-III	1500-2500	x			Assisted in instructing. WD.
Sep-16	Roanoke - Little Niagra	VA	1	1	3.5			x		II	500	x			WD.
Sep-16	James - Balcony Falls Section	VA	1	1	8			x		III	700	x			WD.
May-17	Snowbird Creek - Section Unknown	NC	1	1				x		III-		x			Assisted in instructing. Liquidlogic Mullet.
May-17	Little Tennessee - Needmore Rd.	NC	1	1	12			x		II-III	800	x			Assisted in instructing. Liquidlogic Remix.
May-17	Tuckaseegee - Dillsboro	NC	1	1	5.3			x		II-III	600-1000	x			Assisted in instructing. Liquidlogic Mullet.
May-17	Tuckaseegee - Whittier	NC	1	1	8			x		II-III	1500-2500	x			Assisted in instructing. Liquidlogic Remix.
Jul-Aug 17	Weber - Hennefer to Taggarts	UT	6	6	5					II+	500	x			River runs for U of U's Outdoor Orientations. Inflatable kayak.

Whitewater Boating Experience - Continued

Date:	River - Section:	State	# of days	# of runs	Miles	Paddle	Oar	Kayak	Canoe	Class	CFS	Instructor	Personal Trip	Participant	Comments and craft:
Aug-17	Snake - Alpine	WY	2	3	8.5	x				III+	4800			x	Paddle guide training with U of U OA. 12' paddle raft.
Oct-17	Colorado - Westwater Canyon	UT	2	1	17		x			IV-	4500		x		First time on oars! Rowed all class III rapids. 13' oar rig.
Mar-18	Green - Desolation-Gray Canyon	UT	6	1	84		x			III+	3500	x			Spring Break Trip with U of U OA. 16' oar rig.
Jun-Aug 18	Weber - Hennefer to Taggarts	UT	5	5	5			x		II+	500	x	x		Personal floats and Outdoor Orientation Floats. Inflatable kayak, WD, SUP.
Jul-18	Green - Desolation-Gray Canyon	UT	6	1	84		x			III+	2500		x		First trip as permit holder. 16' oar rig.
Sep-18	Payette - Upper Main	ID	1	1	7.2	x	x			III+	2200	x			13' stern frame.
Sep-18	Payette N Fork - Cabarton Bridge	ID	1	1	9.5		x			II-III	830	x			13' paddle raft.