

Adventures in Good Company Skills Checklist

Name:

Date:

Date of birth:

Experience

Water skills	None	Some	Lots	Can teach
River kayaking				
Sea Kayaking				
Sea Kayak touring				
Scuba diving				
Snorkeling				
Canoeing flat water				
Canoe touring				
Canoe portaging				
Canoeing whitewater				
Whitewater Rafting				
River Rescue				

Experience

Climbing skills	None	Some	Lots	Can teach
Top rope climbs				
Anchor setup				
Lead climbs				
Mountaineering				
Knots and rope management				

Experience

Other skills	None	Some	Lots	Can teach
Bike touring				
Bike fitting				
Bike maintenance				
Horseback riding				
Horsepacking				

Experience

Camping skills	None	Some	Lots	Can teach
Leave no trace				
White gas stove use				
Canister stove use				
Stove maintenance				
Fire building				
Tarp set up				
Map and compass				
Tent set up				
Campsite selection				
Weather forecasting				
Outdoor group cooking				

Others

Foreign languages	None	Basic	OK	Fluent
French				
Spanish				
Nepali				
Swahili				
Other (which)				

Experience

Winter skills	None	Some	Lots	Can teach
Dog sledding				
XC ski (trad)				
XC ski (skate)				
Snowshoeing				
Snowshelter building				
Winter camping				

Certifications

Type	Date received	Expiration
CPR		
First Aid		
WFA		
WFR		
Other		