Hello current and future trip leaders! In this document, you’ll find everything you need to know about the different tiers of trip leaders and how to advance from one to another. Being a trip leader is a wonderful opportunity to meet new people, get involved with the Stanford Outdoors community, and go to amazing places for free!

**Trip Leader Levels**

**Assistant Trip Leader:** to become an assistant trip leader, you should take Outdoor 103, Outdoor 106, WFA and CPR classes, the SAP Safety Training, and have led trips for fewer than 6 nights total. Perks of being an Assistant Trip Leader include receiving a dri-fit SAP Leader shirt, free gear rentals from the outdoor center, and access to trip leader-only events and opportunities.

**Trip Leader:** to advance from an Assistant Trip Leader to a full Trip Leader, you must lead trips for at least a cumulative 6 nights in the field and pass an evaluation done by pro staff or an Outdoor Associate. The evaluation assesses your leadership skills as well as your outdoor living skills and is meant to help you improve as a leader. Additional perks of advancing to a full Trip Leader include receiving a SAP leader vest.

**Outdoor Associate (OA):** the highest level of trip leader! OAs help train new trip leaders and support the Stanford Adventure Program. Responsibilities for the position are leading SPOT or Outdoor 106, leading at least one weekend trip per quarter, and assisting the Adventure Program each week, which could range from being a TA for Outdoor 103 to helping with food and gear packing for trips. OAs are hired for each academic year and applications and interviews occur during spring quarter each year. Additional perks of being an OA include a quarterly stipend ($1500), OA jacket, pro deals, and teaching experience.
Requirements and Information

Outdoor 103: Foundations of Outdoor Education. Replaced Outdoor 101 and 105. Offered during all quarters for 2 units, usually during Tuesday/Thursday afternoons. Explore topics about adventure activity risk assessment, leadership style and values, industry standards, and wilderness equity and inclusion through class activities, discussions, and reflections. Develop essential skills for individual and group sustainability in a backcountry setting including shelter in outdoor environments, equipment selection and use, travel techniques, water and nutrition needs, planning and preparation, and risk management. Course includes participation in a weekend backcountry experience.

Outdoor 106: Outdoor Leadership Practicum. Offered during all quarters for 1 or 2 units. Outdoor education and leadership theory integration through 5-day intensive field-based experiences. Co-requisite: Outdoor 103. There are typically 4 classes offered each year: at the beginning of September, during Thanksgiving break, during spring break, and directly after the academic year ends.

WFA: trip leaders are required to have a valid Wilderness First Aid certification. Certifications can come from an external organization or from EMED 124: Wilderness First Aid. The class is offered all quarters for 1-2 units, and is held over the course of one weekend (Saturday and Sunday 9am-6pm). Certification lasts for 3 years.

CPR: trip leaders are required to have a valid CPR certification. Certifications can come from an external organization or from EMED 110: Basic Cardiac Life Support & First Aid. The class is offered all quarters for 1 unit, and consists of 2 sessions of 3-4 hours each.

Safety Training: a 1-hour safety briefing run by Stanford Outdoor Education. This is mandatory every year for all trip leaders. Goes over safety and risk management policies.

Driver Safety Training: this training is not necessary to become a trip leader, but is necessary to be able to drive SAP vehicles during trips. Typically offered once per quarter and lasts for a couple hours.

Questions? Email Assistant Director of Adventure Programs Emily McCune at emccune@stanford.edu