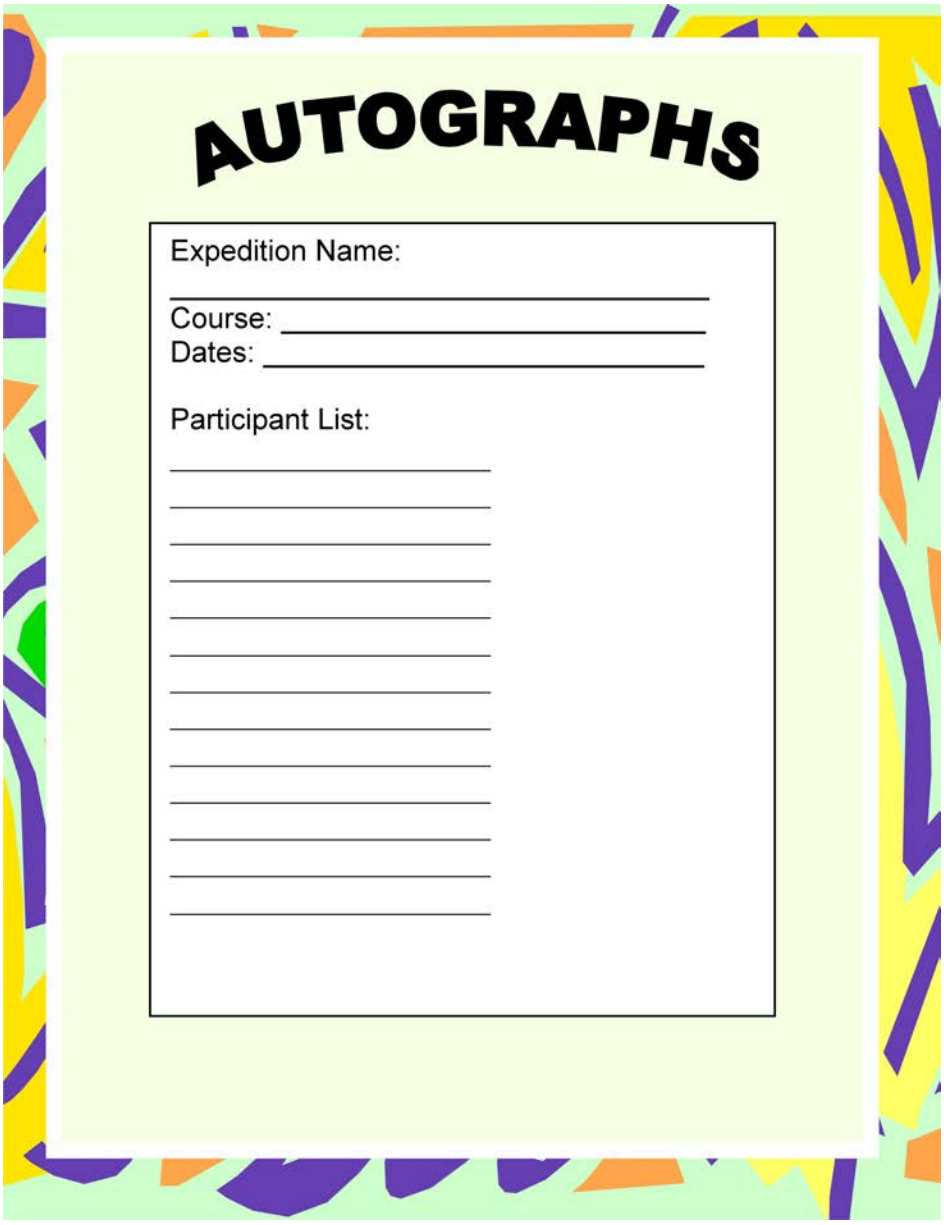
SILVER STAR EXPEDITION JOURNAL



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Individual Trip Journal

1. **Day:** _____ **Date:** _____

   Mode of Travel (canoe, bike, hike):

   _____

2. **Time:** Wake up: _____ Bedtime: _____

   Time: On Route: _____ Off Route: _____

3. **Start Location:** _____

   End Location: _____

4. **Distance:** _____ **Campsite GR:** _____

5. **Route Travelled:**

Name of Route (trail, lake, river, portage)	Time	Km	Description

6. **Campsite Description:**

7. **Weather:**

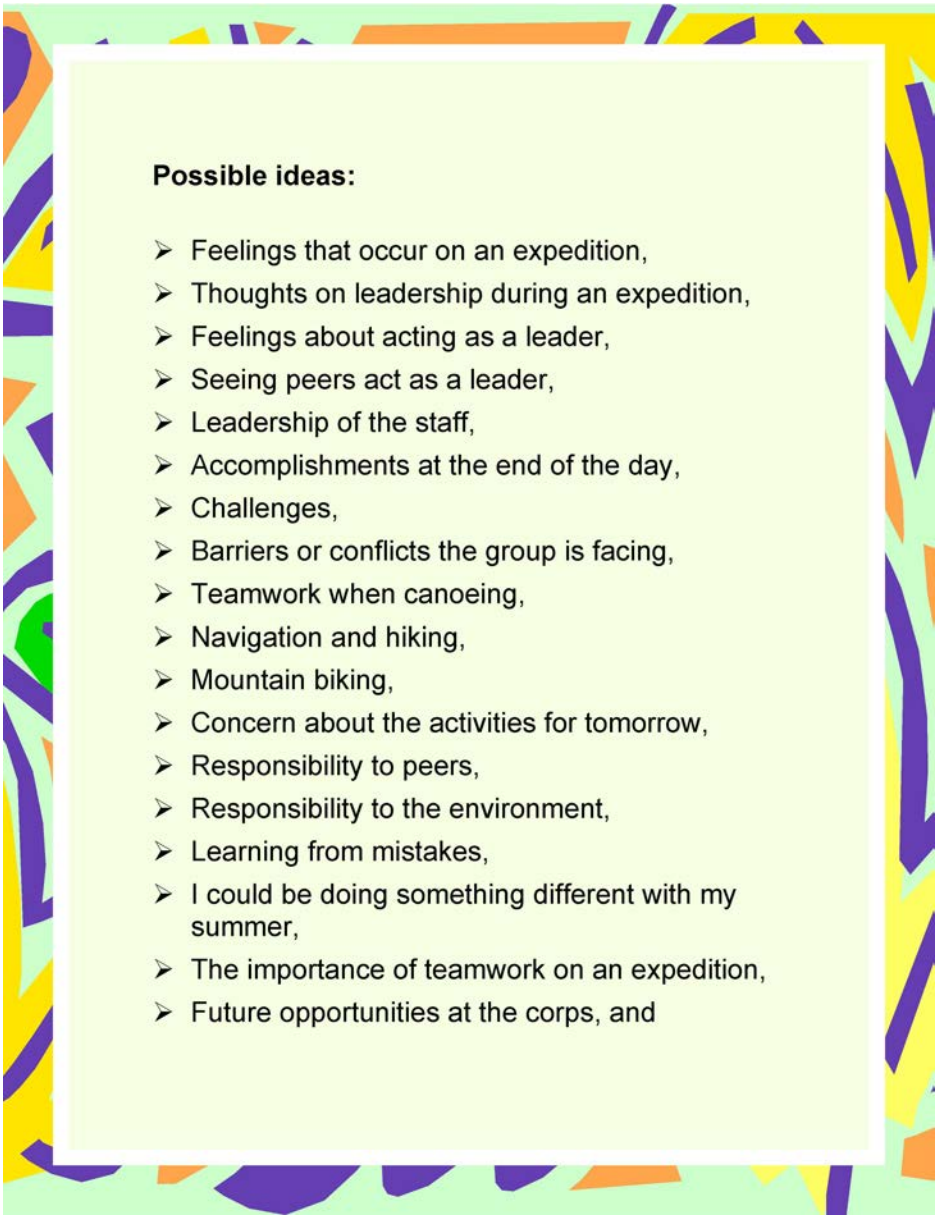
8. **Personal Goals:**

9. **Where can I use this training?:**

10. **Best Thing of the Day/Worst Thing of the Day, My Best Moments:**

11. **Personal Reflections and Observations (natural environment, leadership, personal involvement, recurring themes):**

(Copy enough pages for each day of the expedition activity)



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