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Camping

Activity	Location	Date	Activity level	Additional notes
Camping	Ontonagon, MI	July 4, 2024 Thru July 6, 2024	Saw lake of the clouds	Union Bay campground
	Big Bay, MI	June 10, 2024		Bay Cliff Health Camp
	Onsted, MI	May 24, 2024 thru May 28, 2024		Hayes State Park
	Greenville, MI	May 17, 2024 thru May 19, 2024		Wabasis Lake Campground
	Brimley, MI	September 1, 2023 thru September 5, 2023		Brimley State Park
	Dundee, MI	June 30, 2023 thru July 5, 2023	Knot tying with camp host	Wilderness State Park
	Roscommon County, MI	May 25, 2023 thru May 30, 2023		South Higgins Lake State Park
	McMillan Township, MI	April 7, 2023 thru April 9, 2023	On-site medic Trip organizer	Tahquamenon Falls State Park
	Cheboygan County, MI	June 30, 2022 thru July 5, 2023		Cheboygan State Park Campground
	Algonac, MI	May 27, 2021 thru June 1, 2021		Algonac State Park
	Greenville, MI	May 14, 2021 thru May 16, 2021		Wabasis Lake Campground

	Manistee, MI	May 2020	Off grid camping	Manistee National Forest
	Marquette, MI	June 27, 2020 thru July 6, 2020		Tourist Park
	Barry County, MI	May 23, 2019 thru May 27, 2019		Yankee Springs
	Muskegon, MI	September 19, 2019 thru September 23, 2019		Muskegon State Park
	Duluth, MN	July 3, 2019 thru July 8, 2019		Spirit Mountain
	Paradise, MI	June 14, 2018 thru June 19, 2018		Tahquamenon Falls State Park
	Allendale, MI	May 25, 2018 thru May 28, 2018		KOA
	Greenville, MI	May 4, 2018 thru May 6, 2018		Wabasis Lake Campground

Wilderness First Responder

Activity	Location	Date	Activity level	Additional notes
Wilderness First Responder	Marquette, MI	October 6, 2023	9.75 Miles covered	Lakenland Volunteer as medic, looped for checks
	McMillan	April 7, 2023	Averaged 3	Tahquamenon

	Township, MI	thru April 9, 2023	miles a day	State Park On site medic for the group camping trip
	Grand Rapids, MI	Summer 2023		Help with medical at Treerunners, high ropes course
	Marquette, MI	Fall 2022	95 hours of in class training 190 hours of hands on training	Training to become certified in Wilderness First Responder, CPR and AED for adults and children, along with Epinephrine injection

Rock Climbing

Activity	Location	Date	Activity level	Additional notes
Rock climbing	Grand Rapids, MI	July 31, 2023		Terra Firma Indoor bouldering
Approximately 40-foot wall Route- climb up and take down tape, go down, climb back up in sections then lower again to	Marquette, MI	March 1, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 27, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 26, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 25, 2023	1 route ~80 feet	Route setting

<p>place tape until at top. Repeat per route. So up the wall 2 times in full for one route.</p> <p>Bouldering - Free climbing without a rope or harness</p>	Marquette, MI	February 22, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 20, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 17, 2023	2-3 routes ~160-240 feet	Route setting
	Marquette, MI	February 15, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 13, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 12, 2023	2-3 routes ~160-240 feet	Route setting
	Marquette, MI	February 11, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 8, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 6, 2023	1 route ~80 feet	Route setting
	Marquette, MI	February 1, 2023	1 route ~80 feet	Route setting
	Marquette, MI	January 30, 2023	1 route ~80 feet	Route setting
	Marquette, MI	January 25, 2023	1 route ~80 feet	Route setting
	Marquette, MI	January 23, 2023	1 route ~80 feet	Route setting
	Marquette, MI	January 21, 2023	1 route ~80 feet	Route setting
	Marquette, MI	January 18, 2023	1 route ~80 feet	Route setting
Marquette, MI	January 16, 2023	1 route ~80 feet	Route setting	
Marquette, MI	January 15,	1-2 routes	Route setting	

		2023	~80-160 feet	
	Marquette, MI	December 16, 2022	2 routes ~160 feet	Route setting
	Marquette, MI	December 14, 2022	1 route ~80 feet	Route setting
	Marquette, MI	December 9, 2022	2 routes ~160 feet	Route setting
	Marquette, MI	December 7, 2022	1 route ~80 feet	Route setting
	Marquette, MI	December 2, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 22, 2022	3-4 routes ~240-320 feet	Route setting
	Marquette, MI	November 18, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 16, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 15, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 11, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 10, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 9, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 8, 2022	1 route ~80 feet	Route Setting
	Marquette, MI	November 6, 2022	2-3 routes ~160-240 feet	Route setting
	Marquette, MI	November 4, 2022	2 routes ~160 feet	Route setting
	Marquette, MI	November 3, 2022	1 route ~80 feet	Route setting

	Marquette, MI	November 2, 2022	1 route ~80 feet	Route setting
	Marquette, MI	November 1, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 28, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 26, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 25, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 23, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 19, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 18, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 16, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 12, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 11, 2022	1 route ~80 feet	Route setting
	Marquette, MI	October 5, 2022	1 route ~80 feet	Route setting
	Marquette, MI	September 29, 2022	1 route ~80 feet	Route setting
	Marquette, MI	September 28, 2022	1 route ~80 feet	Route setting
	Marquette, MI	September 25, 2022	1 route ~80 feet	Route setting
	Marquette, MI	September 21, 2022	1 route ~80 feet	Route setting

	Marquette, MI	September 14, 2022	1 route ~80 feet	Route setting
	Marquette, MI	September 7, 2022	1 route ~80 feet	Route setting
	Marquette, MI	August 31, 2022	1 route ~80 feet	Route setting

Scuba

Activity	Location	Date	Activity level	Additional notes
Scuba	Marquette, MI	October 9, 2022	Approximately 10 Hours	
	Marquette, MI	October 8, 2022	Approximately 10 Hours	
	Marquette, MI	October 2, 2022	Approximately 10 Hours	
	Marquette, MI	October 1, 2022	Approximately 10 Hours	
	Marquette, MI	September 25, 2022	Approximately 10 Hours	
	Marquette, MI	September 24, 2022	Approximately 10 Hours	
	Marquette, MI	September 18, 2022	Approximately 10 Hours	
	Marquette, MI	September 17, 2022	Approximately 10 Hours	
	Marquette, MI	September 11, 2022	Approximately 10 Hours	
	Marquette, MI	September 10, 2022	Approximately 10 Hours	

	Marquette, MI	September 4, 2022	Approximately 10 Hours	
	Marquette, MI	September 3, 2022	Approximately 10 Hours	
	Marquette, MI	April 24, 2022	3.5 hours	Certification-Beginning scuba
	Marquette, MI	April 18, 2022	2 Hours	
	Marquette, MI	April 11, 2022	2 Hours	
	Marquette, MI	April 4, 2022	2 Hours	
	Marquette, MI	March 28, 2022	2 Hours	
	Marquette, MI	March 21, 2022	2 Hours	
	Marquette, MI	March 14, 2022	2 Hours	
	Marquette, MI	March 7, 2022	2 Hours	
	Marquette, MI	February 21, 2022	2 Hours	
	Marquette, MI	February 14, 2022	2 Hours	
	Marquette, MI	February 7, 2022	2 Hours	
	Marquette, MI	January 31, 2022	2 Hours	
	Marquette, MI	January 24, 2022	2 Hours	
	Marquette, MI	January 17, 2022	2 Hours	
	Marquette, MI	January 10, 2022	2 Hours	

Self Defense

Activity	Location	Date	Activity level	Additional notes
Self Defense Trained to protect myself and others. How to try to avoid situations and how to control the situation. Trained with local sergeant of NMU police department	Marquette MI	March 7th, 2022	3 ½ hours	Trained with local police
	Marquette MI	February 21, 2022	3 ½ hours	Trained with local police
	Marquette MI	February 14, 2022	3 ½ hours	Trained with local police
	Marquette MI	February 7, 2022	3 ½ hours	Trained with local police
	Marquette MI	January 31, 2022	3 ½ hours	Trained with local police
	Marquette MI	January 24, 2022	3 ½ hours	Trained with local police
	Marquette MI	January 17, 2022	3 ½ hours	Trained with local police
	Cedar Springs, MI	2011-2015		Karate. Junior black belt and adult black belt

Water Sports

Activity	Location	Date	Activity level	Additional notes
Water Sports (Kayaking, Tubing, and Rafting)	Athelstane, WI	September 17, 2022	4 hours	Menominee River. White water rafting
	Muskegon, MI	August 31, 2019		Muskegon River. Kayaking
	Newaygo, MI	June 2, 2018		Muskegon River.

				Kayaking
	Oakland County, MI	August 3, 2018		Proud Lake. Kayaking
	Granville, MI	July 15, 2017		Grand River. Kayaking
	Muskegon, MI	July 14, 2014	8 hours	Muskegon River. Tubing Family and friend trip for a birthday party
	Belize	August 2010	4 hours	Cave Tubing tour