**LIT Weekend Trip Outline**

The Quest Leader in Training (LIT) program is designed to introduce students to leadership through the lens of the Quest Summer Camp and the outdoors. This program allows them to take the first steps on their journey to learn about themselves, their leadership style, and practice their leadership skills in the real-world application of the Quest Summer Camp. The LET training weekend will take place June 7-8 where they will learn skills in the high ropes, on the river, and in leadership. At the end of the weekend they will have their LIT evaluation with the staff and if they pass will be invited to volunteer at the Quest Summer Camps. There they will take on the role of a mentor and leader for the summer camp kids and assist the summer camp staff throughout their chosen week(s).

**General topics/areas that should be covered:**

* *Knots*
* *Climbing and High Ropes Courses*
* *Water Courses*
* *Leadership Skills/Principles*

**Saturday (Start time = 9:00 AM, at Quest Office)**

* Introductions
* Team Development
* Full Value Contract
* Preview/outline discussion of plans for the weekend
* Leadership Skills
  + Initial Discussion, activity
  + ***Establish individual LIT goals for the training***
* Start high Ropes
* Lunch around Noon
  + ask/asses how they are progressing toward their goals
* Finish with high ropes
* Go to Indian Head Campground sometime after 4:00 PM
  + Set up camp
  + Downtime activities at Indian Head
  + Team Development
  + Debrief
  + Dinner
  + Knot test
  + Bed between 9:00 – 11:00 PM
* **Sunday**
* Up by 8:00 AM
  + Breakfast, getting around time until 8:30 – 9:00
* River day activities
* Return to Quest Office around 12:00 noon
* Lunch back at office
* LIT Evaluations
* Pick up at 3:00

**What to bring**

* Weather appropriate clothing
* Rain gear
* Swim gear
* Towel
* Any personal camping equipment you have or and want to use
* Close toed shoes
* Water shoes if you have them
* Sun screen
* Bug spray
* Sun glasses
* Non-refrigerated lunch for both days

**Provided by Quest**

* All camping gear
  + Camp stoves
  + Tents
  + Sleeping bags
  + Ground pads
  + Head lamps
  + Dinner and Sunday breakfast
* All high ropes gear
* All rafting gear, including PFDs and water shoes as needed
* Transportation