

Personal Log Books



A personal Log Book is very useful. It shows your learning journey, proves your experience, knowledge and current competency to others. Log books also are primary evidence to gain industry recognised units of competency.

Activities out of Scouting do count!

A personal Log Book can be written down or electronic. For example Scouts Terrain and Excel sheets are examples of an electronic log books.

Activities outside of Scouting do count and should be included.

Other logs, like Strava, support your personal log book, but don't have sufficient information.

What to record?

- What I've done
- When I did it
- Where I went
- Basic details – difficulty, duration, distance, grade
- Memorable moments – incidents, issues, mental prompts
- Verifiers

5 Tips for effective log book maintenance

- Keep it simple, keep it relevant – keep pictures, Strava, Facebook as supporting evidence, but not part of your personal log book.
- Too brief with information? – assessors can't use it
- Too much information – assessors can't find the detail (no essays)
- By activity works well, ie 1 section for Abseiling, another for Bushwalking
- Complete as you go, not when you need it

Need more advice? Talk to your Region Activities Team or State Leader Activities. We're here to help!



Document Control:

This Guide is provided for the Adventurous Activities Hub which may be helpful for someone using the website.

Version	Date	Author	Approver
1.0	24 February 2022	Walter Waerner	Kenton Jurgs