



**Western Regional
Outdoor Leadership Conference 2026**

Conference Program

Serving California, Oregon, Washington, Nevada, Utah, Arizona, and Beyond



WROLC 2026

THE UNIVERSITY OF ARIZONA

ITINERARY

FRIDAY

12-5 PM ----- **CHECK IN/ TABLING/HANGOUT @
OUTDOOR RECREATION**

5:30-7 PM ----- **WELCOME**

7-7:30 PM ----- **DINNER ON YOUR OWN**

7:30-9:30 PM ----- **STARGAZING**

SATURDAY

7-8 AM ----- **YOGA**

7-9 AM ----- **CONTINENTAL BREAKFAST (ALL)**

9AM ----- **WORKSHOP KICKOFF**

9AM-5 PM ----- **WORKSHOP SESSIONS**

12-1 PM ----- **DIRECTOR LUNCH**

5-7 PM ----- **DINNER + KEYNOTE (ALL)**

7-10 PM ----- **CRUX CUP + FUN ACTIVITIES**

SUNDAY

7-8 AM ----- **YOGA**

8-9:30 AM ----- **DIRECTORS BREAKFAST &
STUDENT STAFF NETWORKING/
STUDENT LEAD ACTIVITIES**

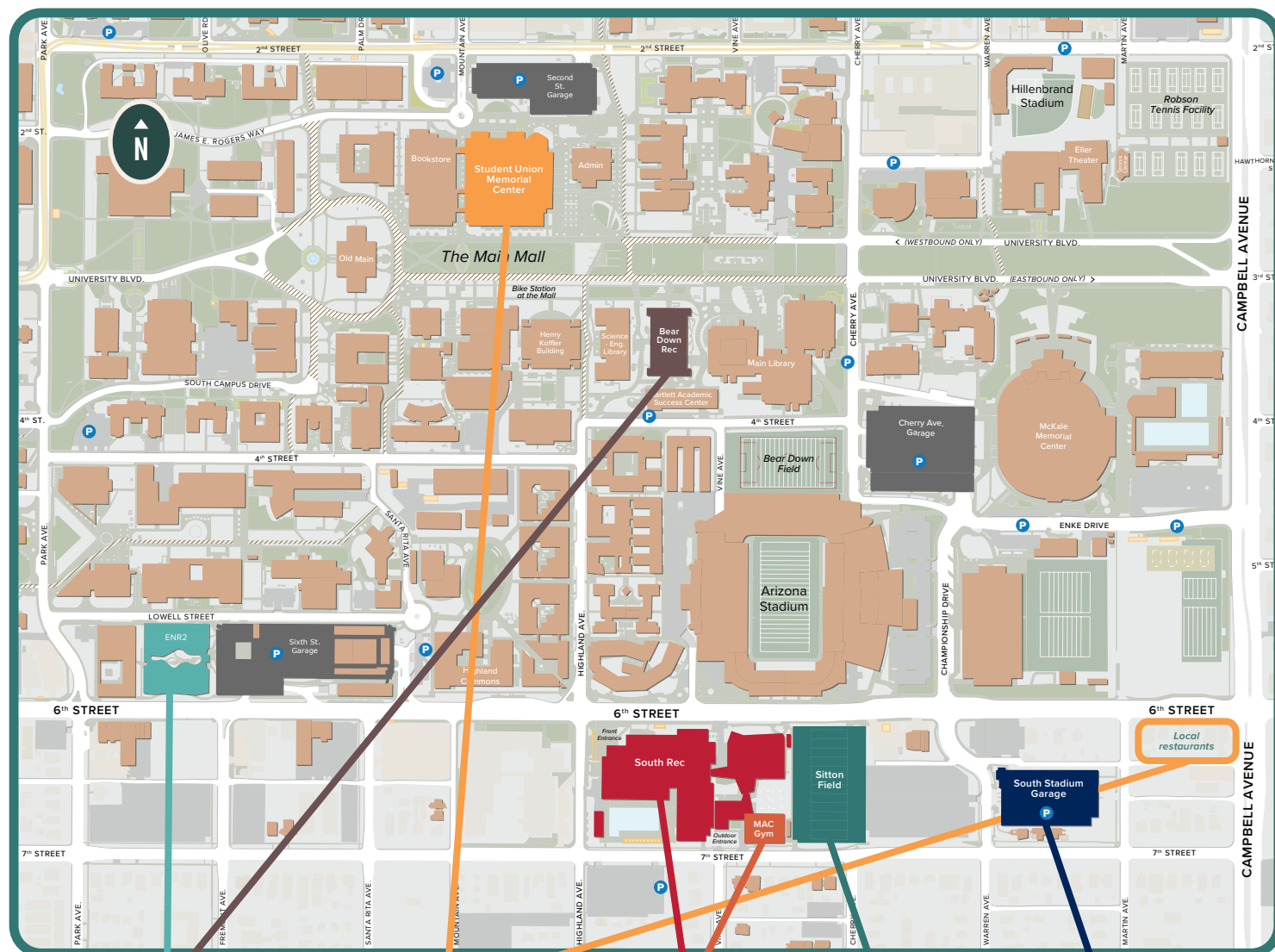
10-11 AM ----- **CLOSING CEREMONY + RAFFLE**

WROLC 2026: Maps

Map 1: University of Arizona Campus

Important Places

- South Stadium Garage Parking
- MAC Gym (in South Rec) Meeting Place
- Student Union Memorial Center Food Options
- Sitton Field Camping
- Environment and Natural Resources 2 (ENR2) Opening & Closing Ceremonies
- 6th Street and Campbell Avenue More Food Options
- South Rec Sessions & Activities (see Map 2 for locations)
- Bear Down Rec Keynote Speaker



Meet here
ENR2,
Bear Down Rec

Eat here
Student Union,
local restaurants

Learn here
MAC Gym, South Rec
(see Map 2)

Camp here
Sitton Field

Park here
South Stadium Garage

Map 2: South Rec building

Important Places

FIRST FLOOR

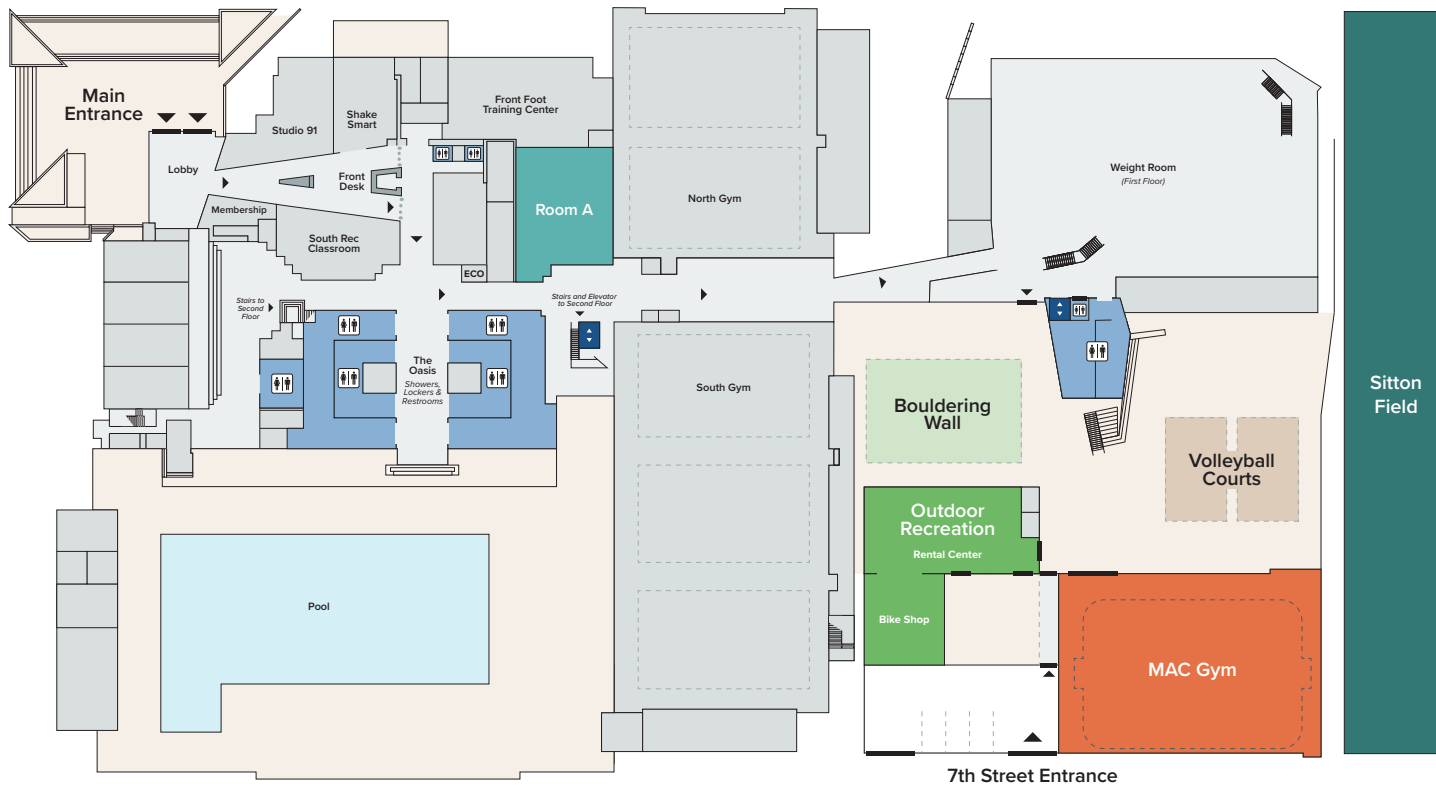
- MAC Gym
Meeting Place
- Outdoor Recreation
- Room A
- Sitton Field
Camping
- Bouldering Wall

- Volleyball Courts
- Pool
- Restrooms

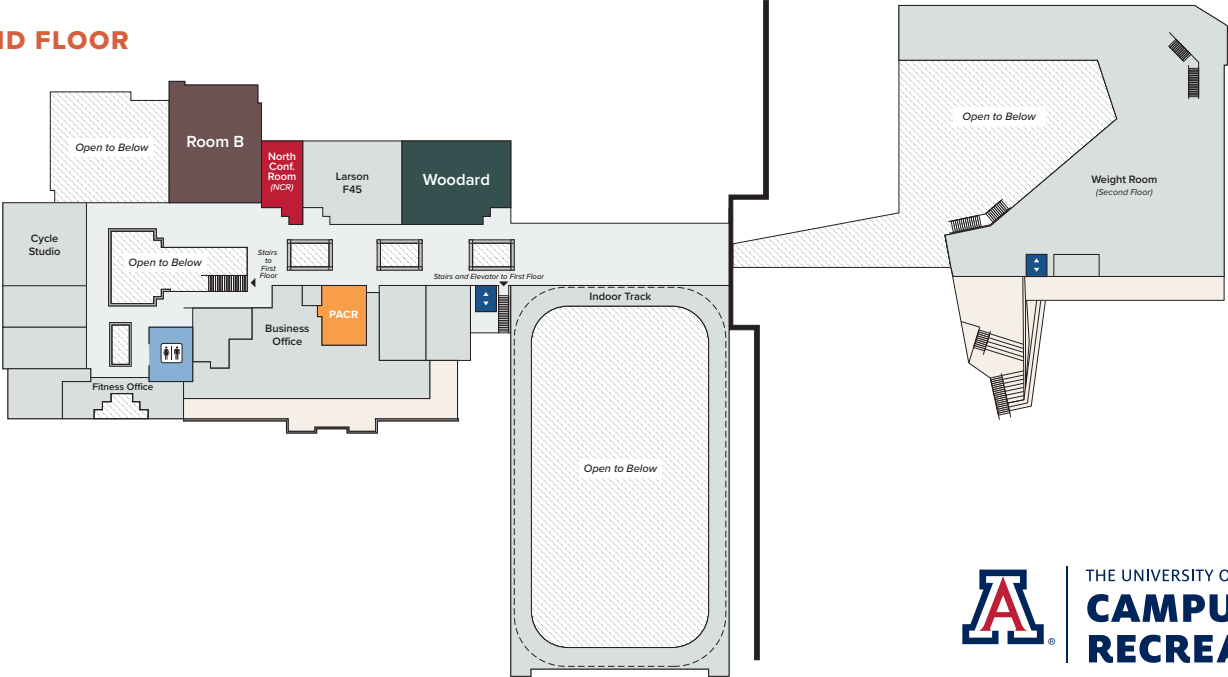
SECOND FLOOR

- Room B
- North Conference Room (NCR)
- Woodard
- PACR

FIRST FLOOR



SECOND FLOOR



PLENARY



Western Regional Outdoor Leadership Conference (WROLC)



THE UNIVERSITY OF ARIZONA

**CAMPUS
RECREATION**

Troy Vaughn

January 16 – 18, 2026

University of Arizona, Tucson, AZ

KEYNOTE



Western Regional Outdoor Leadership Conference (WROLC)



THE UNIVERSITY OF ARIZONA

**CAMPUS
RECREATION**

Jeannette Stawski

January 16 – 18, 2026

University of Arizona, Tucson, AZ



WROLC 2026 - Saturday Schedule

WROLC Saturday Schedule 1/17/2026											
Start Time	Duration	Room A	North Conference Room	PACR	Woodard	Room B	Bouldering Wall/Turf	MAC Gym	OR Classroom/Kitchen	OR Courtyard	
7:00 AM	120 min					Morning Yoga (7-8 AM)		Continental Breakfast			
9:00 AM	45 min					Workshop Kickoff					
9:45 AM	15 min	Transition Time									
10:00 AM	45 min	Working, Modifying and Adapting for Students with Disabilities	Avian Adventures: Birding, Conservation, and Connection		Sustainably Sourcing your Supplies: How to Thrift your Outdoor Gear	Camp Camp Games	Poetry in the Wild: A Nature Journaling Workshop		Presenting Presence: How to Promote Mindfulness, Deep Listening, and Awe in the Outdoors!		
10:45 AM	15 min	Transition Time									
11:00 AM	60 min	How Long Can YOU Hold Your Breath?	How Ecology Can Change the World	Adventure for Health and Wellness	Human Skills in an AI World: Connecting Nature, Nourishment, and Career Growth			Elements of Team Building and Group Bonding	Chopped: Dutch Oven Edition		
12:00 PM	60 min	Lunch								Professional Staff Lunch	
1:00 PM	45 min	Fungi with a fun-guy: Basics of Mushroom Identification	From Disturbance to Regeneration: A Study of Nature's Adaptive Power		Fashion and Functionality in the Outdoors		When Nature Calls		Sip Outside: Campfire Mocktails That Hit Different		
1:45 PM	15 min	Transition Time									
2:00 PM	60 min	Insect Insights	Everyday carry, s**t's getting bad and I hope I never have to use this one: Importance of a good		Ecotourism: Fostering Environmental Stewardship Through Education	Just keep pedaling: An intro to all things cycling	Bringing Art Outdoors!		Backcountry Meals Made Easy!		
3:00 PM	15 min	Transition Time									
3:15 PM	45-60 min	Thinking Outside the Outdoor Box: Using Nontraditional Trips For Community Outreach	Star Stories and Stewardship: Decolonizing the Dark		Hiking the Human Terrain: Building culture and connection in outdoor group dynamics		So You Think You're a WFR?		Get Roped In: Canyoneering 101		
5:00 PM	120 min	Dinner and Keynote Speaker: Jeanette Stawski Bear Down Gym									
7:00 PM	120 min	Celebration and Outdoor Olympics Campus Recreation									

	Potent Potables - <i>Outdoor specific meals, drinks, and culinary techniques</i>
	Soil to Sky - <i>Explorations of the natural world</i>
	Ropes, Routes, and Readiness - <i>technical outdoor skills & applied know-how</i>
	Planet, People, & Purpose - <i>sustainability, stewardship, ethics, and environmental connection</i>
	Trail Mix: Arts & Creativity - <i>creative expression and design for outdoor spaces</i>
	Mind Over Mud - <i>mindfulness, presence, and connection in the outdoors</i>
	Access Granted - <i>Inclusion, accessibility, and adaptive approaches</i>



WROL C 2026 - Presentation and Workshop Program

Potent Potables

Sessions that dive into how to prepare food and drink for outdoor experiences. Attend these sessions to up your outdoor culinary game!

Chopped: Dutch Oven Edition

Zeina Nicolas - University of California, San Diego

Outdoor Rec Kitchen / Courtyard | 11 AM – 12 PM

Calling all D.O. enthusiasts, camp chefs, and food lovers! It's time to hone your cooking creativity in this face-off to find the best Dutch Oven chefs around and expand your program's flavor palate... bring an ingredient of your choice!

Sip Outside: Campfire Mocktails that Hit Different

Carys Correnti & Mark Ceder - University of San Diego

Outdoor Rec Kitchen / Classroom | 1 – 2 PM

Why settle for plain hydration when you can sip something legendary? Join Mark and Carys as they shake, stir, and swirl their way through outdoor-inspired mocktails designed to elevate any camping experience. Classic H₂O is great, but why not serve a drink that makes your campers as excited about the flavors as they are the views? Together, they'll explore simple, refreshing mocktails made with lightweight, packable ingredients perfect for the backcountry. Learn smart prep tips, easy campsite "mixology," and clever tricks for crafting drinks so good you won't miss the booze—or the extra pack weight. Whether you're a thru-hiker, weekend camper, or outdoor foodie, you'll leave ready to bring a bit of trail-side sophistication to every adventure.

Backcountry Meals Made Easy!

Elsa Jacobson & Liz Sparks - Tucson Village Farm

Outdoor Rec Kitchen / Classroom | 2 - 3 PM

Discover how simple, nutritious, and delicious backcountry cooking can be! In this hands-on session, Tucson Village Farm educators will guide participants through the basics of planning, prepping, and preparing meals for the trail. Learn lightweight cooking techniques, smart food choices, and practical tips to keep you fueled and satisfied on any outdoor adventure.

Soil to Sky

Explorations of the natural world. Learn about plants, insects, fungi, and stars at these sessions. Prepare yourself to share a better understanding of the natural world with your participants!

Avian Adventures: Birding, Conservation, and Connection

Jaiden Callahan - California State University, Northridge

North Conference Room | 10 – 10:45 AM

Whether you're an avid birder or simply an outdoor enthusiast, join us to discover more about the animals you most often encounter on your adventures! Learn how to spot them like a pro, meet the local stars of the sky, and celebrate inspiring conservation success stories. Along the way, you'll see how birding can spark curiosity, deepen students' connections to nature, and encourage conservation-minded adventure.

How Ecology Can Change the World

Noble Mahan - California State University, Sacramento

North Conference Room | 11 AM – 12 PM

This workshop will give you some strategies for integrating ecological principles and facts into your outdoor trips and programming. It will also reinforce why it is so important to teach ecology on trips, even if it is just a little bit, in a world where humans and nature increasingly come into contact. No prior knowledge of ecology is needed! And if you just want to talk about cool plants and animals, this is the place to be!

Fungi with a Fun Guy: Basics of Mushroom Identification

Eliana Fredrick – University of California, San Diego

Room A | 1 – 1:45 PM

This beginner friendly presentation will cover the fungi-mentals of mushroom identification through key features, habitat clues and spore prints. Learn to impress hiking buddies with sick new knowledge and be the fun-guy at a party.

Insect Insights

Aleja Anderson – University of California, Riverside

Room A | 2 – 3 PM

Insects are a huge part of the outdoors, and many people are unaware or misinformed on them.

I'd love to share some knowledge about how to avoid bothering and being bothered by insects when adventuring outside. Pro tip, never eat bananas near a beehive (you might set off their alarm pheromone)!

Star Stories and Stewardship: Decolonizing the Dark

Betsy Ploudre & Maddie Turco – University of San Diego

North Conference Room | 3:15 – 4 PM

Across generations and cultures, human beings have told stories about the stars. When people hear about constellations, they tend to think only of stories from Greek and Roman mythology. But there's more than just classical interpretations of the sky. We can reimagine how we look at the stars as a way of moving beyond land acknowledgments and being more conscious of the history of the land we occupy. What are these stories? Who should be telling them? What can we gain from expanding our horizons beyond western narratives? Come join us to learn about an anthropological perspective of stargazing, and how to bring this method to your own program.

Ropes, Routes, and Readiness

Learn about new technical skills or freshen up on old ones during these hands-on workshops based on breaking down barriers to entry.

Camp Camp Games

Grace Gibbins & Avi Sorich – University of Arizona
Room B | 10 – 10:45 AM

Join us for a fun filled session to learn and play games that are perfect for your next outdoor adventure! Camp outfits encouraged but not required.

How Long Can YOU Hold Your Breath?

Philip Wong – University of California, San Diego
Room A | 11 AM – 12 PM

Freediving as a discipline has existed for more than 8,000 years, starting as a way to gather food. Since then, freediving has developed both recreationally and competitively, taking place in pools, open water, and even on land. This workshop will go over one of the core tenets of freediving: holding your breath, or as divers call it, "Apnea". We will talk about how to train yourself to hold your breath for longer and applications outside of freediving. If you've ever wondered how long you can hold your breath, now is your chance

Elements of Team Building and Group Bonding

Hector Bostick & Claire West – University of Arizona
MAC Gym | 11 AM – 12 PM

In this workshop we will be discussing and participating in team building activities. We will be presenting about the importance of doing elements with groups to foster communication, collaboration, and team bonding. Then we will discuss experiences on a challenge course. Lastly, we will participate in team building through hands on activities, emphasizing how to facilitate.

When Nature Calls

Isabella Aguilera – University of California, Riverside
Bouldering Wall / Outdoor Turf | 1 – 1:45 PM

It's that moment. Your lunch of pasta salad is knocking at your back door. What to do? Where to go? How do I go? Come to When Nature Calls and learn the effective and safe way to use the restroom when there is none. Demo not included!

Everyday Carry, S**t's Getting Bad and I Hope I Never Have to Use This One: The Importance of a Good Backpack

Issa Hatter – California State University, San Bernadino
North Conference Room | 2 - 3 PM

There is a certain peace that comes with preparedness. In this lecture, we'll be preparing a bug-out and a get-home bag to avoid scrambling at the last minute should you need to leave your home or get back to it. We can't control the world; in times of fear and uncertainty I want you to feel calm and prepared for anything.

Just Keep Pedaling: An Intro to All Things Cycling

Will Diego – University of California, San Diego

Room B | 2 - 3 PM

Thinking about getting into cycling? or just curious about how bikes work?

This session will cover the essentials for riding safely and budget friendly:

**Basic bike anatomy (what all the parts are and what they do)*

**Maintenance fundamentals (how to change a flat, what wears out, and how often to replace it)*

**What to bring on a ride so you're ready for common problems (flats/injuries or hunger)*

**How to plan your own routes, from short spins to 100+ mile adventures*

We'll also walk through a live flat-fixing demo (and you may get to try it yourself), talk about how to find a good first bike (including used options like Facebook Marketplace), and leave plenty of time for questions. Whether you're completely new or you've ridden a bit and want some new knowledge this talk will help you feel ready to roll.

So, You Think you're a WFR?

America Blackketter & Lily McGrath – University of Arizona

Bouldering Wall / Outdoor Turf | 3:15 – 4:15 PM

Come show off your wilderness medicine skills with round-robin scenarios. No WFR required!

Get Roped In: Canyoneering 101

Ryleigh Selby, Liv Kreps, and Avi Sorich – University of Arizona

Outdoor Rec Classroom | 3:15 – 4:15 PM

The word "canyoneering" rolls off the tongue nicely, but what does it really entail? Get Roped In: Canyoneering 101 is the way to find out! Join us for a workshop about canyoneering as an activity, how to set up a single-strand rappel, and how to get all your gear back at the end. The workshop will include a lecture portion, practicing rope systems on the rigging wall, and a final rappel! We hope to see you there!

Planet, People, & Purpose

These sessions explore the interconnected relationship between environmental stewardship, human well-being, and ethical outdoor practice. Participants will learn practical strategies for sustainability, community impact, and using outdoor experiences to foster health, responsibility, and long-term positive change.

Sustainably Sourcing your Supplies: How to Thrift your Outdoor Gear

Grace Hove, Catie Ramicone, and Delia Copeland – University of Redlands
Woodard | 10 – 10:45 AM

This workshop explores how to sustainably and affordably source outdoor gear through thrifting, repairing, and reusing equipment. We will learn how consumer choices impact the environment, why secondhand gear increases accessibility to the outdoors, and practical tips for finding, evaluating, and caring for used gear. Perfect for students and outdoor enthusiasts looking to reduce waste, save money, and support a more inclusive outdoor community.

Adventure for Health and Wellness

Brittany Samperio & Ben Fejzic – California State University San Bernadino
PACR | 11 AM – 12 PM

Adventure for Wellness explores how campus adventure programs, including challenge courses, outdoor trips, and experiential learning opportunities support student wellbeing, confidence, and resilience. While not therapeutic or clinical in nature, adventure-based experiences naturally promote mental wellness through connection, challenge, and personal growth. This session blends storytelling, discussion, and practical insight to show how adventure programming contributes to student success and belonging.

From Disturbance to Regeneration: A Study of Nature's Adaptive Power

Vishwa Bhatt & Maricarmen Martinez-Solano – California State University, San Bernadino
North Conference Room | 1 - 1:45 PM

*This workshop explores how nature's continuous cycles of destruction and renewal shape both ecosystems and human experience. Drawing from concepts such as ecological succession, natural disturbance, and cyclic regeneration, we will examine how the outdoors provides powerful lessons in resilience, adaptation, and personal growth. Through examples from real adventure experiences--including backpacking, wilderness exploration, and encounters with recovering **landscapes**-- participants will gain a deeper understanding of how natural systems rebuild and how these patterns mirror our own processes of learning and transformation. This session invites attendees to reflect on nature not only as a place for recreation, but as a teacher that offers insight, grounding, and renewal.*

Ecotourism: Fostering Environmental Stewardship Through Education

Marley Janssen – California State University, Northridge
Woodard | 2 – 3 PM

This presentation examines ecotourism as a model for fostering environmental responsibility through interpretation, education, and meaningful human-nature connection. By exploring key principles and real-world applications, particularly in the context of current events, we consider how ecotourism can cultivate informed, responsible stewards of the environment

Trail Mix: Arts & Creativity

Learn how to translate you and your participants' inspiration into outdoor inspired art and creation. These sessions focus on using our creativity while in the backcountry.

Poetry in the Wild: A Nature Journaling Workshop

Sayana Gupta, Sivaangali Thoppai, and Aleisha Tripathy – University of California, San Diego
Bouldering Wall / Outdoor Turf | 10 – 10:45 AM

This nature journaling workshop introduces participants to field observation through short, accessible poetry prompts. Using just a notebook and pen, we'll explore how attention, sensory awareness, and creative reflection can deepen our outdoor experiences and enrich our leadership presence. No writing experience needed, this is a playful, low-pressure space to connect with the landscape and translate what we notice into quick, memorable lines of poetry.

Fashion and Functionality in the Outdoors

Jade Felicidadario – University of California, San Diego
Woodard | 1 – 1:45 PM

This workshop aims to inspire an audience interested in incorporating unique accessories to their personal gear collection with steeze. You will learn how to make your gear fashionable, while also serving multiple purposes, in various, sustainable ways: turmeric sun printing (anthotypes), hand-beaded straps, and paracord accessories. This is not designed to tell you what you should wear, or what to pack on your next trip, but to encourage you to express yourself through accessories that will make you look as good as the outdoors makes you feel!

Bringing Art Outdoors!

Ari Trette – University of San Diego
Bouldering Wall / Outdoor Turf | 2 – 3 PM

This workshop will cover the indigenous and national park history relating to art, and the benefits that have continued to come from it. We will dive into the great connection that can be forged between art and nature, and how that can positively impact our minds and bodies. Additionally, we will explore what we can learn from art depicting nature, and how that can contribute to larger conversations surrounding sustainability, conservation, and climate change. Participants will be invited to engage in a drawing exercise that is helpful for connecting to nature. Additionally, participants will be walked through the steps to create their own Altoid Mint Tin art sets, which are perfect for outdoor trips!

Mind Over Mud

These sessions focus on the internal skills that shape meaningful outdoor experiences, including mindfulness, reflection, emotional awareness, and group presence. Participants will learn techniques to cultivate focus, resilience, connection, and intentional leadership in both outdoor settings and everyday life.

Presenting Presence: How to Promote Mindfulness, Deep Listening, and Awe in the Outdoors!

Luca Davidorf – University of Redlands
Outdoor Rec Classroom | 10 – 10:45 AM

Hello beautiful people!! We live in an age of distraction, and it's easier than ever to take our outdoor experiences for granted. In the middle of that noise, I believe that true presence is a gift! In this workshop, I will introduce the importance and joy of experiencing the present moment. Whether that is presence within oneself, with others, or with the natural environment, bringing presence and awareness to our trips can unlock some deeply meaningful experiences! During this session, I will guide us in a number of activities including meditation, sensory games, deep-listening practices, and simple moments of mindful wonder. Expect to move, play, breathe, and tune in. If you're ready to lead with more depth, meaning, and magic, this workshop is for you!

Human Skills in an AI World: Connecting Nature, Nourishment, and Career Growth

Maricarmen Martinez-Solano – California State University, San Bernadino
Woodard | 11 AM – 12 PM

This session explores how human skills remain essential in an AI-driven world and how nature and mindful habits can strengthen career growth. Participants will learn how AI can streamline routine tasks, how outdoor experiences boost creativity and focus, and how simple plant-based nourishment supports sustainable productivity. The session concludes with a brief vegan cooking demo that illustrates how small habits can enhance well-being and professional development.

Hiking the Human Terrain: Building Culture and Connection in Outdoor Group Dynamics

Eddie Corona & Theo Olson – University of Redlands
Woodard | 3:15 – 4 PM

Leading groups in the outdoors means navigating more than trails and terrain, you're also navigating personalities, conflict, and the beautiful chaos of group dynamics. In this workshop, we'll explore how intentional reflection, communication tools, and thoughtful facilitation can transform a group of strangers into a cohesive trail community. Drawing on real experiences as trip leaders, we'll walk through how groups naturally shift through phases of uncertainty, adjustment, and cooperation, and how trip leaders can confidently guide participants through those transitions. You'll walk away with approachable frameworks, field-tested strategies, and new confidence in guiding groups outdoors, no matter what the trail throws at you.

Access Granted

These sessions examine how outdoor programs can be intentionally designed to be inclusive, adaptive, and welcoming to participants of all abilities and backgrounds. Participants will learn practical approaches for modifying activities, environments, and facilitation styles to expand access while maintaining meaningful and empowering outdoor experiences.

Working, Modifying and Adapting for Students with Disabilities

Ali Jaafar – University of Arizona

Room A | 10 – 10:45 AM

This session will focus on basic principles and techniques of working with students with disabilities.

Thinking Outside the Outdoor Box: Using Nontraditional Trips For Community Outreach

Kayla Carroll – University of Redlands

Room A | 3:15 - 4 PM

If you love nature, as I suspect you do, you are already geared up and ready to head into the deep wild and spend six days in mud, foliage and sweat.

But what about those who didn't grow up with woods in their backyard or on a dirt diet? The big outdoors can be intimidating and inaccessible to those who were not raised alongside the wonders of the wilderness.