

# Adventure

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## The Destination: Pine Meadow Lake

Details:

Harriman State Park

Ramapo, New York

6.2 miles round trip (3.1 miles to the lake)

Distance from House: 38 miles estimated time: 1 hour and 15 minutes

Approximately 2.1 gallons of gas used- equates to about 14 liters of water

Greenhouse gas emission- nearly 17,000 grams of  $\text{CO}_2$ / gallon of gasoline





## Benefits of Hiking

- Exposure to vitamin D- wards against osteoporosis, cancer, depression and heart attacks, as well as aiding in absorption of calcium and boosting the body's immune system
- Exposing the body to sunlight early in the morning helps produce melatonin, a hormone secreted by the pineal gland, to aid in sleep
- A 2008 Scottish health study suggests hiking outdoors greatly helps mental health compared to at an indoor gym
- Trails can be useful tools in the preservation of wetlands and the improvement of air and water quality
- Preservation of fragmented landscapes and can provide a refuge to plant and animal species



# Preparation: Backpack



The American College of Sports Medicine recommends drinking at least one liter of water per hour of moderate exercise in moderate conditions. Sweating can cause a drop in blood volume and other problems of dehydration include dizziness and fatigue.

Benefits to a camelbak: Reusable water container, instead of plastic water bottles taking 450 years to decompose in landfills. The reservoir holds about 1.2 liters of water.

- Mesh harness fosters air circulation
- Made of synthetic material rather than cotton
- Antimicrobial treatment extends life span of the pack, which aids in conservation of water needed to manufacture this product
- Has a carabiner to attach the dog's reusable water bowl



# Snacks



About Clif Bar: Totaled, 75% of the ingredients are made certified organic, and the company is moving toward making the number 80% by 2020. Clif also turned its industrial headquarters into a green space by reclaiming recycled materials, such as old railway tires and sound absorption panels from blue jeans. They also feature of the largest smart solar arrays for electricity to power the building. The importance of eating organic is seen in how you can decrease your toxin intake, including pesticides, fertilizers, antibiotics, and hormones, as 90% of livestock are genetically modified. It also improves the environment as according to the National Water Quality Inventory, the largest factor affecting water quality of lakes and rivers are agriculture. Finally, they are more nutritious because better soil increases the production of flavonoids that fight cancer and antioxidants, while being lower in heavy metals.



# what to wear



The materials of these items include bamboo, polyester, wool and reclaimed rubber. Recycled rubber reduces the waste from tires as in California alone, tires create 408 million pounds of waste. Bamboo fiber is made from the pulp of bamboo grass and in its organic form, it is pure and unbleached. Cotton, on the other hand, is largely inorganic and exposes workers to carcinogens, as well as uses pesticides and insecticides and massive amounts of water. In addition, these materials are also better for hiking because they are durable, lightweight, wind resistant, support better air circulation, and are largely water resistant.

