



HUDSON VALLEY

Day 14 Greener, Jinno Vicencio & Lauren Kim, Sustainable Urban Pioneers, Yale University/Orange Coast College, lkim97@gmail.com, lkim97



Over Thanksgiving break, Lauren & her friend are planning a SUSTAINABLE backpacking trip to the Hudson Valley!

FOOD

Breakfast: Oatmeal, Dried Fruit, & Nuts
(bought in bulk)



Midday Snack: Clif Bars & Trail Mix



Lunch: Tortillas & Hummus



Dinner: Brown Rice & Lentils w/ Sun-Dried Tomatoes



DRINKS

- We will use reusable water bottles
- Bring tea from sustainable, fair-trade companies



CLOTHES + OTHER STUFF

- Rent tent, backpack, stove, sleeping bag, sleeping mat from Yale Outdoors (look for gear made from 100% recycled materials!)



- For extra clothes, we will first go to a secondhand/thrift store. If we can't find what we need, we will buy from sustainable brands like Patagonia, Columbia, Osprey, and NorthFace.



- Bring reusable utensils, plates, cups (look for containers with no BPA or phthalates)



- Leave our campsite the way we found it (or better!)
- Pack a lot of reusable bags or old bags to use to carry out our trash and recycling
- Wear soft-soled shoes to minimize our disturbance to the land
- Use natural insect repellants (lemon eucalyptus oil, citronella, tea tree oil products)



- Use flashlights that are either mechanically or solar powered
- Take public transportation to our campsite to reduce CO2 emissions (Harriman State Park, Hudson Valley, NY)

LEAVE NO TRACE!

