

# MY SUSTAINABLE ADVENTURE

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# STEP ONE: LOCATION

I have chosen(drumroll please)...

Humpback Rocks in the Blue Ridge Parkway(look how pretty it is)!



# TRANSPORTATION

1. I am a part of the UVA Outdoors Club
2. We carpool to hikes to allow carless students to attend!
3. We always fill up a car; 5 people for one car
4. We can take my car: Toyota Prius hybrid, 45 mpg
5. Carpooling and taking a hybrid vehicle will greatly reduce our carbon footprint!



# SNACKS!

1. The most important part: Snacks!
2. Instead of purchasing snacks from environmentally friendly companies, I chose to make my own snacks to really reduce waste!

# SNACKS!

1. Apples
2. Oranges
3. Either organic produce, or local produce from our CSA or farmers market



# SNACKS!

1. Homemade vegan granola bars!
2. Pack in Tupperware, not plastic bags

Recipe cred: From My Bowl



# SNACKS!

1. Homemade trail mix(Pumpkin Spice, yum)!
2. Pack in Tupperware, not plastic bags

Recipe Cred: Eating Bird Food



# HYDRATE OR DIEDRATE

1. Water is ultra important for a fun adventure
2. Reusable Water Bottles, of course(bonus points if yours have cool stickers on them)!
3. Klean Kanteen: environmentally sustainable company
  - Donate to environmental action groups
  - B Corporation
  - Commitment to sustainability
  - Durable products



# SUSTAINABLE PRACTICES ON THE TRAIL

1. Packing my own homemade snacks and water will cut down a lot on any possible trash I could generate! However, if I do have any I will pack it out with me! I won't leave anything behind that could be consumed by animals or is harmful to the environment!



# SUSTAINABLE PRACTICES ON THE TRAIL

1. Pick up trash! So many people are careless with their trash and leave it on the trail; when I see some trash, I will always pick it up and pack it out with me so I can safely dispose of it



# BACKPACK

1. Bluelounge backpack
2. Made from recycled plastic water bottles!



# PANTS

1. Teeki leggings and pants
2. Made from recycled plastic water bottles and recycled polyester
3. Water-friendly printing
4. Every pound of clothing conserves  $\frac{1}{2}$  gallon of gasoline



# SHIRT

1. Patagonia recycled polyester shirts
2. Use recycled soda bottles, old clothing, and manufacturing waste for the polyester
3. This shirt is made from 5 plastic water bottles
  - Saved 68 gallons of water
  - Made from  $\frac{1}{4}$  pound fabric scraps



# HIKING SHOES

1. Will's Walking Boot
2. Vegan leather
3. Certified carbon neutral company
4. Cruelty free



# JACKET

1. It recently got cold in Charlottesville, so I want a quality jacket!
2. My choice: Patagonia Better Sweater ¼ Zip Fleece
3. Blueline approved product(reduce resource consumption in product production)
4. Patagonia supports environmental conservation groups and has their own advocacy arm!
5. Low impact dying process
6. Fair-trade certified product



# SUSTAINABLE PRACTICES ON THE TRAIL

1. If that jacket isn't enough to keep me warm, the fire I make will have as little impact as possible!
2. I will only use established fire rings
3. I will keep my fire small
4. I will make sure the fire goes out so I don't set the entire forest on fire!



# SUSTAINABLE PRACTICES ON THE TRAIL

1. Stay on the trail. Going off of the trail causes erosion and that isn't good for anyone!
2. This also goes for anything I see on the trail; admire from a distance, but leave it be! All my impact should be is my feet on the trail, nothing else.



# SUSTAINABLE PRACTICES ON THE TRAIL

1. I will not disturb others trying to enjoy the hike and the nature around us! We need more people hiking and realizing the importance of acting to preserve the beauty of our natural world, and that won't happen if they are annoyed by some trail hooligans!



# HAVE A FUN HIKE

1. I will have a fun hike that will inspire me to keep pushing for environmental conservation and preservation, and do my part to keep our earth healthy!

