

Megan Shieh, mshieh2, meganyshieh@gmail.com , Chapman

Plan

1. Decide on the location and/or who to go with
 - a. Local: it's more convenient, eco-friendly, and supportive of my local nature areas.
 - b. I would always travel with someone else, even now (with social distancing guidelines). Who knows what can happen?
2. Choose what to wear
 - a. I would wear long pants and a organic cotton T-shirt. I would also bring a hat.
 - b. To bring my stuff, I would definitely use a backpack (no plastics!)
3. Make snacks
 - a. Granola bars are super easy to make! All you need is oats, a binding ingredient (butter/peanut butter/honey), and a sweetener. The hardest part is waiting the two hours as they harden in the fridge.
 - i. A lot of recipes say to use parchment paper so the granola doesn't stick to the parchment. This isn't necessary! Just melt the butter in the pan you are going to use and swirl the butter around to coat the pan with a non-stick layer.
 - ii. I made it to show how easy it is! Here's what they look like. Photo process after plan.



- iii. Pack snacks in reusable containers to reduce waste.



- 4. Bring water
 - a. I have reusable metal water bottles, and not using plastic gives the extra bonus of not have weird-tasting, lukewarm water.
- 5. Travel to site (actually hiking)
 - a. Local: I have a hiking area that's around 1-2 miles away from me, so I would just walk there. It's the pre-hike hike.
- 6. Actually hiking
 - a. Always stay on the path! It's safer and destroys less wildlife. There's also ticks with Lyme disease in my area, so staying on the path would be the best way to avoid that
 - b. Leave wildlife alone. This includes feeding them.
 - c. Minimize campfire impacts: I would not go on a trip that involves building a fire. Even if I'm with someone who knows how to build a fire, the risk of starting something big as well as the impact on global warming isn't worth a s'more.
 - d. Respect other hikers by following CoVid-19 guidelines
 - e. This trip shouldn't generate any waste, but it's important that my companions and I pick up after people who litter to preserve nature.

Photo process of recipe

From start to finish (including photos + time to find more ingredients + getting distracted by my dog), this took 20 minutes + 2 hours of refrigeration. As you will see by my process, if you have everything ready, it should take you 10 minutes.

- Ingredients that I used: quick oats, coconut sugar, honey, chocolate chips, butter, old trail mix that has all the raisins and chocolate pieces picked out



(not shown)

1. Melt the butter

2. Swirl butter so it coats container



3. Realize you want peanut butter



4. Add the peanut butter, honey, and sugar. Stir (microwave if the peanut butter is too sticky).



(not shown)

5. Add honey/sugar if it's not sweet enough

6. Mash nuts



7. Add nuts and oats to mixture



8. Realize you didn't add enough oats and more oats



9. Realize you want more peanut butter and add more peanut butter



(not shown)
10. Pack mixture so it is compressed against the side of the container

11. Press down on mixture until bar is at desired thickness



12. Almost-end product!

13. Store in fridge for 2 hours



14. Get impatient at 1.5 hours and remove

15. Cut



any adventure requires a

PLAN!

ask yourself: what—

...are you wearing?



- organic cotton is cool & cheap!



- long pants protect from thorns & ticks!



- comfortable shoes for walking!

...are you drinking?



- you do need water!



- use a reusable bottle (like Klean Kanteen)

...are you using?



- bring a backpack for goods!



- if possible, bike or walk



(pre-bike exercise)!

...are you eating?



- avoid single-use wrapping!



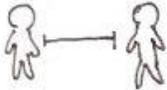
- make your own snack (and use reusable containers to pack)!

AT THE SITE

Follow Covid guidelines



-wear a mask



-6 ft difference



-sanitize

Be EXCEPTIONAL



-Pick up litter,
even if it's
not yours



-Just avoid fires,
they are not
s'more-thn it

Appreciate without affecting



Social Media

<https://twitter.com/xietron/status/1315452434420953088?s=20>



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A good adventure starts with a plan. Be responsible and leave nothing behind. Here's a guide to how. @TurningGreenOrg @kleankanteen @leavenotracecenter #pgc2020



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