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School | Olympian High

Day Eleven | Greener Challenge

Let's plan a local adventure! Think about what you've learned so far during PGC and how to reduce your ecological footprint in the process.

Pick your place. Make it local (even *hyper* local), somewhere you can get safely and easily. Read up on and incorporate the seven principles of Leave No Trace into your plan. Please consider:

- COVID-19: follow all health and safety protocols, respect national and community guidelines, wear masks, use hand sanitizer and practice social distancing.
- Travel arrangements: are you walking, biking, driving, carpooling?
- Snacks: are they organic? Can you make your own?
- Waste: how will you lessen waste? (Like a reusable Klean Kanteen bottle or food canister to stay hydrated and nourished without plastic!)
- Attire and gear: what is it made of? Sustainable?
- Accessibility: is the destination open for visitors, safe to go, requiring any extra precautions?

Let's go on a sunrise hike

Here in Chula Vista we can go to the lower Otay Lake, and you can enter to hike around it through Mountain Hawk Park or the Otay Lakes County Park either is fine. They are actually biking distance from my house, however since they are close one can choose to drive without it making too much of an environmental impact, carpool with your friends or even walk there.

Things you need:

- A good night's rest (if you want to go see the sunrise you will have to wake up early)
- Water, I usually carry my large thermo water bottle
- Snacks, here is a recipe for a granola bar:
<https://cookieandkate.com/best-granola-bars-recipe/> and also you can take a little reusable container with some trail mix: mine includes shredded coconut, dark chocolate chunks almonds, raisins, banana, and walnuts all bought from the bulk section sprouts
- A backpack to carry things in
- Comfortable clothes and shoes.
- Hand sanitizer and masks are a must, luckily it is outdoors and in the morning there aren't too many people there, and sunscreen in case you decide to stay after the sun is up. Using reusable masks is encouraged to decrease waste production. Also here is a list of sanitizers that are ethical and natural

<https://ethicalpixie.com/2020/03/28/the-ultimate-guide-to-cruelty-free-hand-sanitizers/>

- Be safe while hiking, research the animals of the area ex) be safe around rattlesnakes

Make sure to invite your friends and if carpooling arrange a designated driver and efficient pick up route. The goal is to leave no waste, show your friends the plan and encourage them to exchange snack ideas and use reusable containers. If you have sustainable clothing now is the time to flex, if not consider buying some from any of the brands in this article or others you discover:

<https://www.thegoodtrade.com/features/fair-trade-clothing>





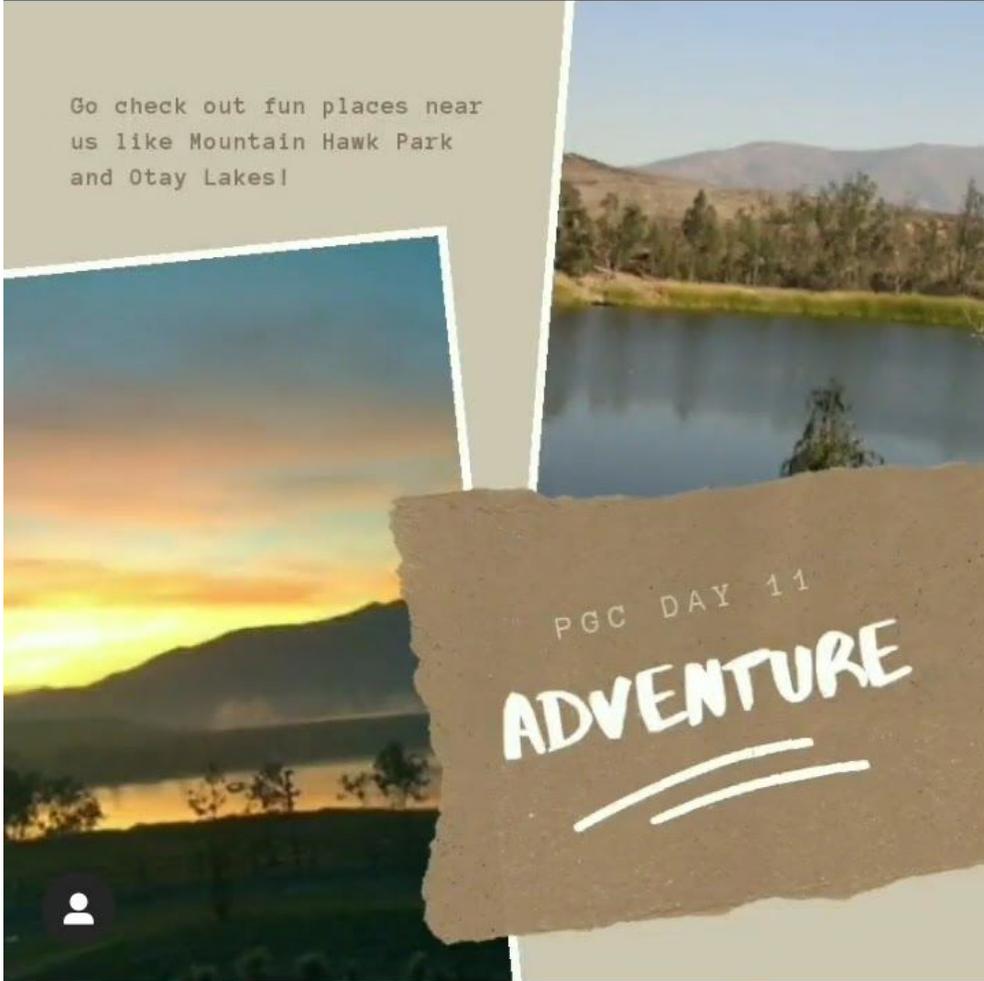
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Go check out fun places near us like Mountain Hawk Park and Otay Lakes!



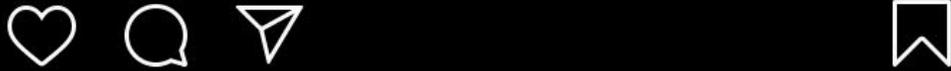
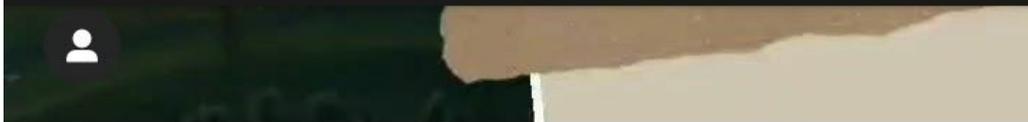
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s4s.project PGC DAY 11: ADVENTURE

Adventures can be anything!
We encourage everyone to go out and enjoy some



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s4s.project PGC DAY 11: ADVENTURE

Adventures can be anything!

We encourage everyone to go out and enjoy some (COVID safe) adventures! Think about local spots to visit, what snacks/gear you will bring, and what the eco impact of that journey looks like!

Here is what we have planned:

- sunrise hike/bike the trail by Mountain Hawk Park down to Otay Lake
- homemade granola bars and reusable water bottles
- masks of course!

☆ @turninggreenorg @kleankanteen
@leavenotracecenter ☆

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