

Team EcoSmurfs

Username: EcoSmurfs

School: Jericho High School

Caumsett State Historic Park Preserve

Destination: Caumsett State Historic Park Preserve, located on Long Island, New York. It offers a diverse landscape of forests, meadows, and shoreline, making it an ideal location for a local adventure.

Set an Intention: My intention for this adventure at Caumsett State Park is to connect with the natural beauty of this preserve, appreciate the local flora and fauna, and take in the scenic views of Long Island Sound.

Invite a Friend or Group: I'll invite a friend or two to share in the experience and encourage them to appreciate the park's natural wonders. Friends: Jun and Keita

Follow COVID-19 Protocols: I'll research and adhere to any local or state guidelines regarding COVID-19 safety measures, ensuring a safe and responsible outing. However, I will choose not to wear a mask because I would like to increase my exposure to nature.

Mode of Transportation: As Caumsett State Park is local to me, I'll choose to carpool with my friends to minimize our carbon footprint. By doing this, we will only need to use about 0.25 gallons of gasoline each, which is a much better figure.

Sustainable Snacks: I'll pack snacks like dried mangoes from patagonia provisions! They are super yum with a small kick of spice. We are also bringing our stainless steel water bottles.

Eco-friendly Attire and Gear: We will be wearing our regular clothes and a hat to reduce sunscreen use.

Check Destination Status: Before heading out, I'll check the current status of Caumsett State Park. I'll ensure it's open for visitors, and I'll inquire about any specific guidelines or restrictions in place.

Incorporate Leave No Trace Principles: I'll keep the Leave no Trace principles by making sure I leave the places I visit better than when I got there. This means picking up even more trash that was left behind (including pieces already left there.)

Plan Ahead and Prepare: I'll research the park's rules and regulations in advance, and I'll plan our route to minimize impact on sensitive areas such as the beach dunes.

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Travel and Camp on Durable Surfaces: I'll stay on designated trails and paths to protect the park's natural habitat.

Leave What You Find: I'll avoid disturbing wildlife or picking plants, respecting the park's ecosystem. This includes not throwing rocks in bodies of water so as to not frighten the creatures..

Be Considerate of Other Visitors: I'll keep noise levels down, yield the trail to others, not litter on the trail, and practice courteous behavior.



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What are you seeing?

- I have often visited Caumsett State Park (especially for triathlon training). There is a horse stable there, some deer in the clearing, and just a lot of wildlife in general. Usually, I go with my bike to do their trails. However, today I was here to visit with my friends and enjoy the fresh air and scenery.
- The Ocean scenery was very calming in a sense. Although I live very close to the sea, it was the first time I ever went somewhere with my friends. Today was a slightly cloudy

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day, so I didn't go into the ocean itself, but it was still relaxing. I was able to forget many of the stresses I felt recently.

- I actually saw some squirrels here and there, though I wasn't able to take any pictures of them.

What animals, plants, and other species do you notice?

- Animals: Horses, deer, rabbits, squirrels, seagulls
- Plants: Trees and other plant life.

How would you describe the environment?

- I would say it is really lively. There is a lot to do there and there are often many people out taking a stroll or exercising. Also, it is really a great breath of fresh air because there are long stretches of places without people and just a nice view of everything.

Share the intention you expressed pre-adventure. How did it inform your journey?

- Today, I wasn't there to go biking or exercise. I just wanted to get out there and enjoy some me-time (and with friends of course). It was really relaxing, especially since it was nice and cloudy. It was also good for reminiscing and thinking about things.

Were you able to stick to the plan? If not, how did you adapt?

- Stuck to plan! Went on the trail, the beach, and the horse stables.

How did the experience make you feel?

- My time at Caumsett State Park was awesome! It made me feel so relaxed and in touch with nature. The park's mix of woods, meadows, and the shoreline gave me a sense of peace, and it was great knowing that I was taking care of the environment as I explored. It left me with a deep love for local, eco-friendly adventures and the beauty of nature.

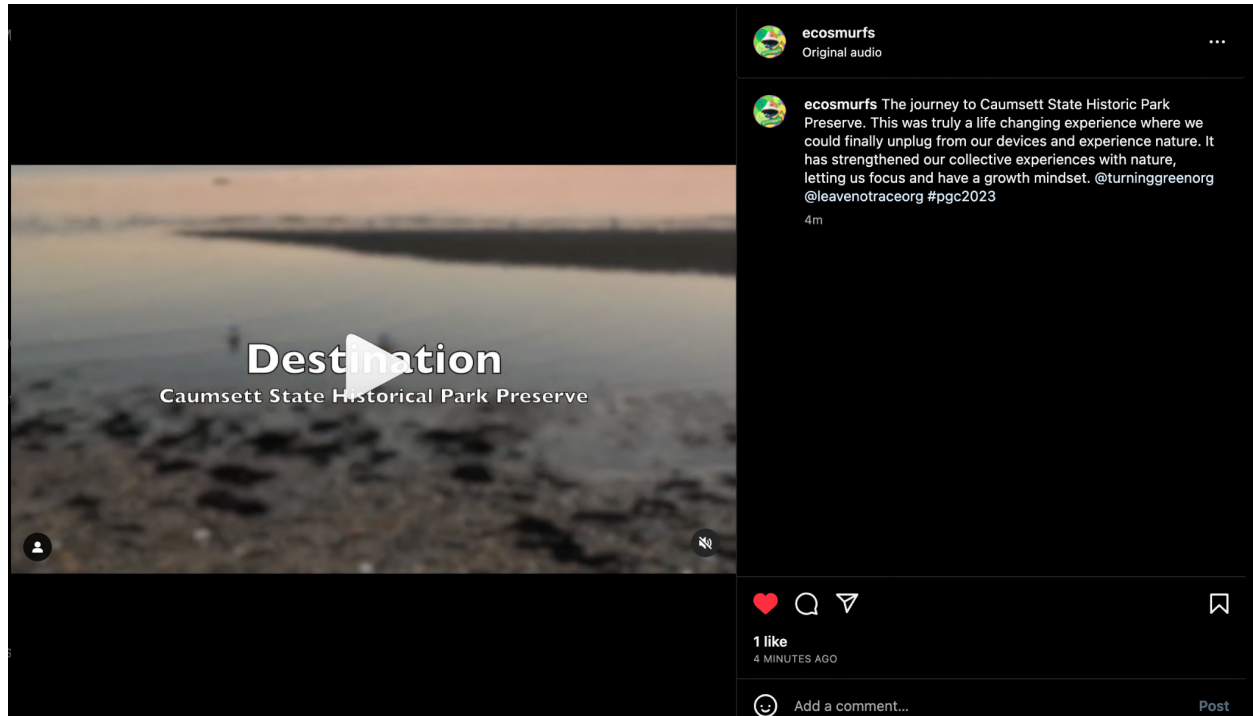
Has it strengthened your relationship to the Earth and our individual and collective responsibility towards the environment?

- Yes, my experience at Caumsett State Park definitely strengthened my connection to the Earth and reinforced our individual and collective responsibility toward the environment. Being in such a beautiful natural setting reminded me of the importance of preserving these spaces for future generations. It underscored the significance of our actions, both as individuals and as a society, in protecting and nurturing our planet. It's a reminder that we all have a role to play in taking care of the Earth and making sustainable choices in our daily lives.

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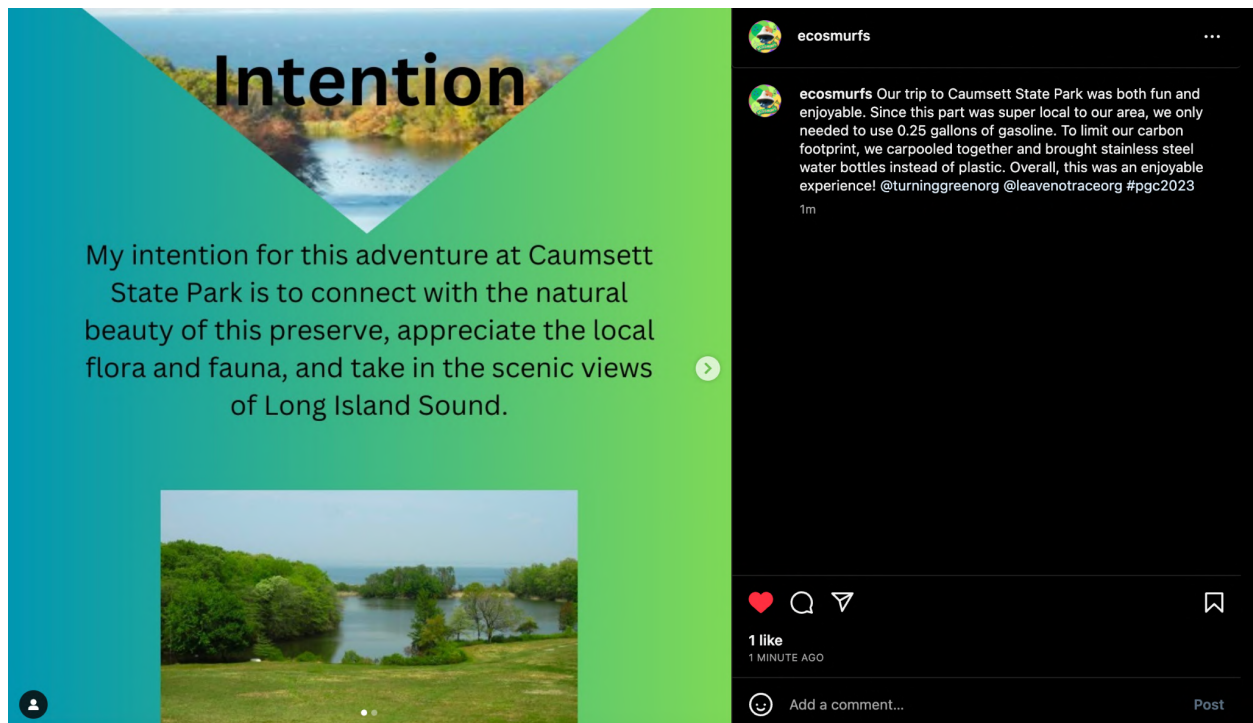
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The image shows an Instagram post from the user 'ecosmurfs'. The main content is a video thumbnail with a play button icon. The text on the video reads 'Destination' in a large white font, with 'Caumsett State Historical Park Preserve' in a smaller white font below it. The background of the video is a blurred landscape of a park. To the right of the video is the post's interface, including the user's profile picture and name, the text 'Original audio', and a caption: 'The journey to Caumsett State Historic Park Preserve. This was truly a life changing experience where we could finally unplug from our devices and experience nature. It has strengthened our collective experiences with nature, letting us focus and have a growth mindset. @turninggreenorg @leavenotraceorg #pgc2023'. Below the caption are icons for likes, comments, shares, and a bookmark, along with the text '1 like' and '4 MINUTES AGO'. At the bottom is a comment input field with a smiley face icon and the text 'Add a comment...' and a 'Post' button.

<https://www.instagram.com/p/CyKb2JXg4yx/>



The image shows an Instagram post from the user 'ecosmurfs'. The main content is a graphic with a teal and green background. At the top, the word 'Intention' is written in a large, bold, black font. Below it, the text reads: 'My intention for this adventure at Caumsett State Park is to connect with the natural beauty of this preserve, appreciate the local flora and fauna, and take in the scenic views of Long Island Sound.' To the right of this text is a small white arrow icon. Below the text is a small rectangular image showing a scenic view of a lake surrounded by green trees. To the right of the graphic is the post's interface, including the user's profile picture and name, a caption: 'Our trip to Caumsett State Park was both fun and enjoyable. Since this part was super local to our area, we only needed to use 0.25 gallons of gasoline. To limit our carbon footprint, we carpoled together and brought stainless steel water bottles instead of plastic. Overall, this was an enjoyable experience! @turninggreenorg @leavenotraceorg #pgc2023', and the text '1 like' and '1 MINUTE AGO'. At the bottom is a comment input field with a smiley face icon and the text 'Add a comment...' and a 'Post' button.

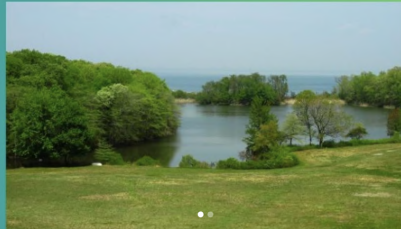
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Intention

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Transportation, Snacks, Attire

Transportation: As Caumsett State Park is local to me, I'll choose to carpool with my friends to minimize our carbon footprint. By doing this, we will only need to use about 0.25 gallons of gasoline each, which is a much better figure.

Snacks: I'll pack snacks like dried mangoes from Patagonia Provisions! They are super yum with a small kick of spice. We are also bringing our stainless steel water bottles.

Eco-Friendly Attire + Gear: We will be wearing our regular clothes and a hat to reduce sunscreen use.