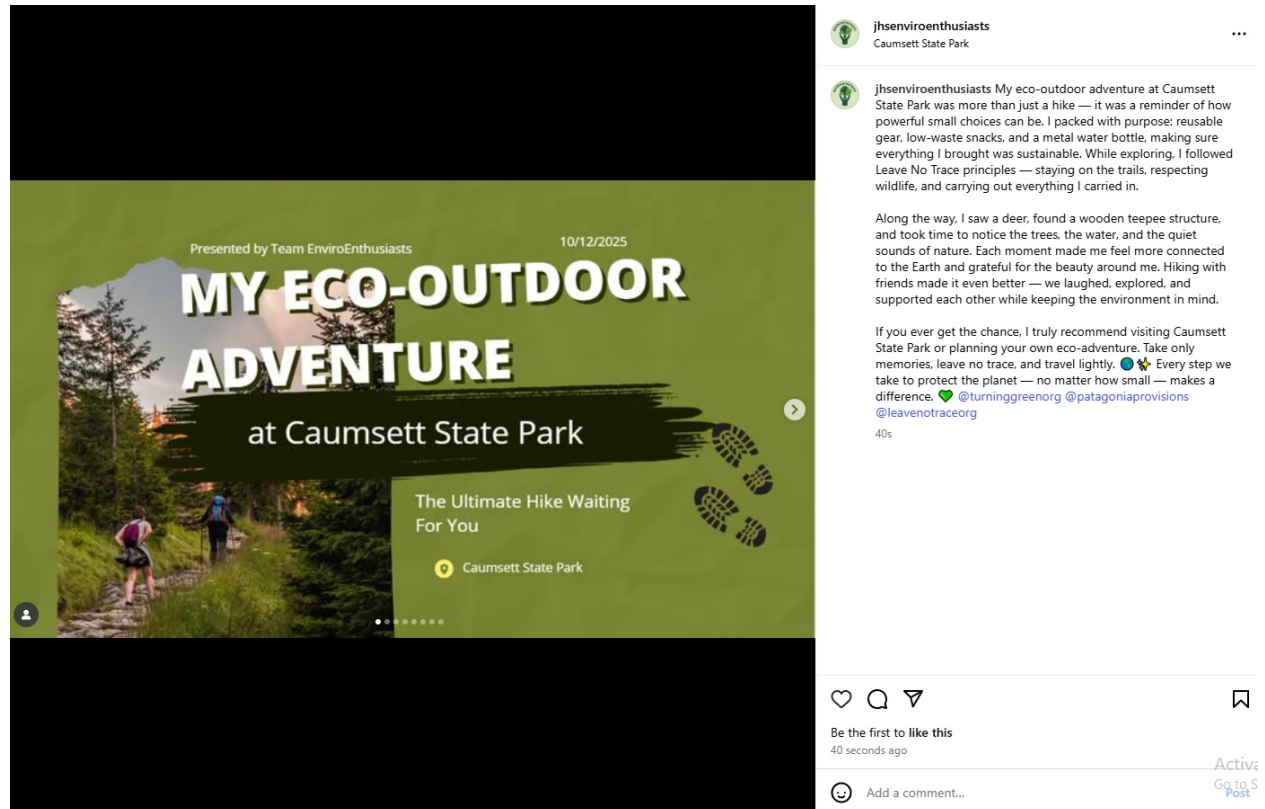


Team: EnviroEnthusiasts
Username: ara.woo
School: Jericho High School

Instagram Post Picture:



My eco-outdoor adventure at Caumsett State Park helped me see how meaningful it is to connect with nature while being mindful of my impact. Before the trip, I planned carefully and packed sustainably, bringing reusable items and low-waste snacks. During the hike, I followed Leave No Trace principles by staying on marked paths, packing out all my trash, and respecting the wildlife I encountered. Seeing a deer and noticing the calm of the trees and water made me appreciate how alive and balanced nature is when it is left undisturbed. Hiking with friends reminded me that caring for the planet is something we can share and inspire each other to do. This experience deepened my connection to the environment and taught me that protecting the Earth starts with awareness, preparation, and the small choices we make every day.



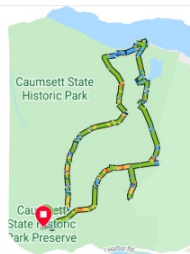
Location: Caumsett State Park



I chose to go to Caumsett State Park for my eco-outdoor adventure. It's a beautiful coastal park in Lloyd Harbor, New York, known for its trails, forests, and scenic shoreline views. I picked this location because it's peaceful, easy to reach, and full of wildlife and natural beauty.



I wanted to explore the area mindfully and appreciate the park's efforts to protect local ecosystems and encourage sustainable recreation.



Essential Hiking Gear



Before heading to Caumsett State Park, I made sure to pack carefully and with sustainability in mind. I wore a **short-sleeve white T-shirt**, **waterproof long pants**, and **hiking boots** with **good socks** for comfort. In my hiking bag, I brought a **hoodie**, a **rain jacket**, **sunglasses**, and **sunscreen** for protection. I packed **two bananas**, **three granola bars**, **two Mott's**, a **packet of applesauce**, and a **full mess kit** instead of single-use items. I also carried a **metal water bottle** to avoid plastic waste and a **pocket knife** for safety. Everything I brought was reusable or low-waste so I could enjoy the hike while minimizing my impact on the environment.

Wildlife Encounter



During my hike, I came across a deer quietly eating near the trees. It was such a calm and peaceful moment that reminded me how important it is to protect wildlife and their homes. I kept a respectful distance and made sure not to disturb it. Seeing the deer up close made me appreciate how connected we all are to the environment and how even small actions can help preserve it.

Wooden Teepee Discovery



During my hike, I came across a wooden teepee structure built from branches and sticks. It immediately caught my attention because it blended naturally into the environment and showed how people can build with materials already found in nature. The structure made me think about creativity, sustainability, and how we can use natural resources responsibly without harming the ecosystem. It was a simple but meaningful reminder of how nature inspires us.

Trees and Water – Nature's Calm



One of my favorite parts of the hike was walking through the trees and seeing the water glisten in the sunlight. The sounds of birds, leaves rustling, and waves hitting the shore made the park feel peaceful and alive. I slowed down and really noticed the small details the shapes of the branches, the reflections on the water, and the quiet beauty of the moment. It reminded me how spending time outdoors helps us recharge and reconnect with the Earth.



Hiking with Friends



Hiking with my friends made the adventure even more fun and memorable. We talked, laughed, and encouraged each other along the way, which made the experience feel more connected and positive. Sharing the trail with others reminded me that exploring nature together can build stronger friendships and make outdoor adventures even more meaningful.

Final Thoughts on Hiking

During my hike at Caumsett State Park, I made sure to follow Leave No Trace principles. I stayed on marked trails, packed out all my trash, and respected the plants and wildlife around me. These small choices helped me realize how simple it can be to protect nature while still enjoying it. By being mindful and leaving everything as I found it, I felt more connected to the park and proud that I helped keep it clean for others and for the animals that live there. This experience reminded me that caring for the environment starts with the actions we take every day.

