



Experience Nature and Get Outside Reduce Stress, Feel Great and Connected! **Dress, Pack, Journal, Share!**



Experience Nature:
To Reduce Stress, Calm Your Mind and
Feel Energized!

JUST IMAGINE... *How it would be to feel less stressed?*

Research is showing that even 10 minutes outside can improve how you FEEL! Here is a quick start guide to getting OUTSIDE and *Experience Nature!* How to dress, how to pack, how to journal and how to share with your family and friends.

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IMPORTANT TIP:

**AVOID
WEARING
COTTON For
Any Layer!**

Dress in Layers

Three layers minimum, six layers even better!

Three Layers

- Base Layer
- Insulation Layer
- Outer Layer

Six Layer

- Underwear Layer
- Modesty Layer
- Base Layer
- Middle Layer
- Insulation Layer
- Outer Layer

Accessories

- Hat
- Mitts
- Scarves
- Boots
- Shoes
- Socks

Definitions

- Quick Dry - Any fabric that quickly dries with body heat.
- Wicking - Moisture is pulled away from your body into the top layers.
- Wind Proof - Closely woven fabric that breaks the wind. **Very Important!**
- Water Proof - Fabric that keeps water out for long periods of time.
- Water Resistant - Fabric that repels water for short periods of time.
- Breathable - Fabric that allows moisture from your body to escape
- Technical Fabric - Fabric designed to be waterproof and breathable! GoreTex™, Omni-Tech™ by Columbia Sports, Helly Tech® Performance by Helly Hansen for example.



Step 1:

Dress for your *Nature Experience!*

Quick Dry Fabrics

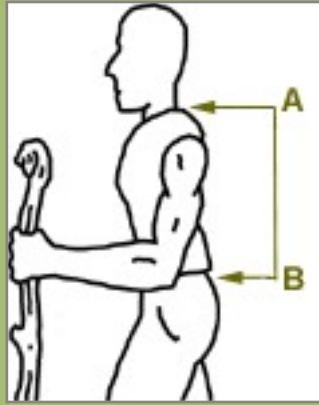
- Merino Wool
- Fleece
- Polyester
- Nylon
- Acrylic
- Silk
- Lycra

“There is no bad weather,
only inappropriate clothing!”
— Randolph Fiennes

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Types Of Packs

- **DayPacks** (15 - 35L)
- **AlpinePacks** (35 - 55L)
- **BackPacking** (55 - 75L)
- **ExpeditionPacks** (75 - 100L)
- **Hint:** for sizing comparisons check out garbage bags!



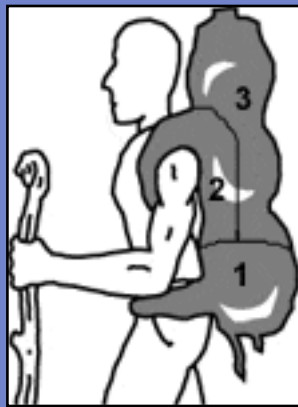
Fit Your Pack

It's not about how tall, it's about the length of your back!

Measure your back:

- **Find Point A** - back of neck;
- **Find Point B** - top of hipbone;
- **Measure from A to B**

mec.ca



Packing Your Pack

- **Zone 1:** Put light items, like sleeping bag, at the bottom.
- **Zone 2:** Pack heavy items, water, food, tent closest to your back.
- **Zone 3:** Place medium-weight or bulkier items toward the top or down the front of the pack.

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Step 2:

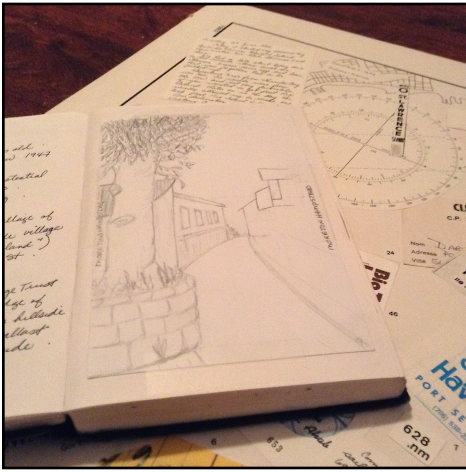
Pack for your *Nature Experience!*

Choosing A Pack

- Consider the activity, terrain, weight or volume you'll carry.
- How it Fits!
- Do you like a Top or Panel Loading pack?
- Quality of construction.

“If you wish to travel far and fast, travel light.”
— Cesare Pavese!

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“To Journal is like creating your own personal storybook that you can pull off the shelf at anytime to flip through the pages. The best thing is no plugs required.”
— Daryl Dancer



Step 3: **Journal** your *Nature Experience!*



“I never travel without my diary. One should always have something sensational to read in the train.”
— Oscar Wilde

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Get Started Today On Flickr:

- Create a yahoo email account
- Create a Flickr account
- Upload some photos and start playing before you go on your adventure
- Get the PhotoSync app on your device a great wireless transfer tool, syncs with your Flickr account and other photo storage

Protect Your Device, Protect Your Photos!

- Use a waterproof/shockproof case
- Attach it to your person
- Get an online photo storage account
- Upload photos as often as possible



Step 4: Share your *Nature Experience!*

Why I Like Flickr!

- Lots of Free storage 1TB;
- Easy to upload photos and movies;
- Share with family and friends;
- Create photo books ;
- Everything you need all in one place!

“Photography, as a powerful medium of expression and communications, offers an infinite variety of perception, interpretation and execution.”
— Ansel Adams

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Many Kinds of Rain

- Mist
- Drizzle
- SunShowers
- Showers
- Down Pour

Types of Climates

- Hot and Dry
- Hot and Humid
- Cold and Dry
- Cold and Wet
- Wind

How Much Water to Bring Along

- 1 litre of water = 2 kgs
- 1-2 litres of water in moist climates
- Hot and dry might be as much as 1 litre per hour
- Use a water filtration system to replenish your water supply

Key Take Along Items:

- Map
- Compass
- Sun Protection (screen/glasses)
- Food - 24 oz food per person (seeds, nuts, dried fruit, cured meats)
- Water (32 oz - 2 litres)
- Extra Layers - Rain Gear
- Flashlight
- First Aid Kit
- Matches
- Knife



Bonus:

Trivia for your *Nature Experience!*

Conversions (approximate measurements)

- 10°C = 51°F
- 15°C = 59°F
- 20°C = 64°F
- 30°C = 86°F
- 1 litre of water = 2 pints
- 1 US gallon = 3.75 litres
- 10 kts = 11.5 mph = 18.50 kmh

“Adventure is not outside of us, it is within.”
— George Eliot

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