visitors guide to responsible recreation

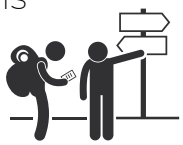
GIRL GONE GOOD
WELLNESS + WILDERNESS

before you visit

- [ ] get info + inspo at naturallyla.ca
- [ ] check health/county guidelines
- [ ] look up trails/routes/lakes
- [ ] cell reception strength at destination
- [ ] trail/road conditions
- [ ] check weather + prepare
- [ ] bring extra personal medication
- [ ] use packing lists

during your visit

- [ ] weather check before hikes/paddles
- [ ] hike with the 10 essentials
- [ ] follow LNT 7 principals
- [ ] hike within your limits



- [ ] save music for the car not the trails
- [ ] keep dogs on-leash
- [ ] do not leave poop bags/trash
- [ ] use 'thumb rule' to observe wildlife
- [ ] do not feed wildlife
- [ ] share the trails + the viewpoints
- [ ] no suncreen/soap in lakes + rivers
- [ ] no foraging in conservation areas
- [ ] follow tick safety protocols

things to remember

(first and foremost to have fun and enjoy that sense of adventure!)

after your visit

- [ ] share your responsible recreation habits
- [ ] share your highlights
- [ ] use #unspoiledla #naturallyla
- [ ] use #lennoxandaddington
- [ ] tag @girlgonegood
- [ ] plan your next visit!

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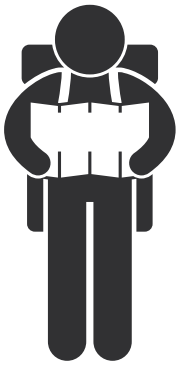
the ten essentials

- [ ] navigation
- [ ] headlamp
- [ ] sun protection
- [ ] first aid
- [ ] knife/gear repair kit
- [ ] fire
- [ ] shelter
- [ ] extra food
- [ ] extra water
- [ ] extra clothes



notes

leave no trace (lnt) seven principals

- [x] plan ahead + prepare
- [x] travel + camp on durable surfaces
- [x] dispose of waste properly
- [x] leave what you find
- [x] minimize campfire impacts
- [x] be considerate of others

trails to try out

- [ ] sheffield conservation area
- [ ] menzel provincial nature reserve
- [ ] rose hill nature reserve
- [ ] l&a community forest
- [ ] bon echo provincial park

paddle worthy places

- [ ] puzzle lake provincial park
- [ ] big melon lake / little melon lake
- [ ] camden lake provincial wildlife area
- [ ] napanee river
- [ ] deerock lake
- [ ] mazinaw lake

naturallyla.ca

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