

Camping, Hiking & Backpacking

Look inside for:

- How Hiking is Good for the Body and Mind
- The Amazing Health Benefits of Camping
- Camping, Sleeping and Mental Health
- Backpack Camping in Connecticut
- Backpack Camping Application
- Camping Health & Safety Tips
- June is Men's Health Month
- Camping Meal Planner
- Shopping List - Camping

For more information on ways to lead a healthier lifestyle
visit our website GetHeathyCT.org



Find us on Facebook and Twitter!



June 2020



How Hiking Is Good for Body and Mind

Hiking outdoors has plenty of perks: nice views, fresh air, and the sounds and smells of nature. It's good for you, too. **Hiking is a powerful cardio workout that can:**

- Lower your risk of heart disease
- Improve your blood pressure and blood sugar levels
- Boost bone density, since walking is a weight-bearing exercise
- Build strength in your glutes, quadriceps, hamstrings, and the muscles in your hips and lower legs
- Strengthen your core
- Improve balance
- Help control your weight
- Boost your mood. Hiking has a positive impact on combating the symptoms of stress and anxiety. Being in nature is ingrained in our DNA, and we sometimes forget that.



Step Up Your Hiking Workout

You can get more out of your hiking with these fitness-boosting strategies.

- **Start slow.** A short, local hike is best for beginners. Gradually work up to trails with hills or uneven terrain.
- **Use poles.** Digging into the ground and propelling yourself forward pushes your upper body muscles to work harder and gives you a stronger cardio workout.
- **Head for the hills.** Even a small hill will intensify your heart rate and burn extra calories -- a **5% to 10%** incline equals a **30% to 40%** increase in calorie burn.
- **Bump it up.** Uneven terrain can work muscles while improving balance and stability.
- **Weigh yourself down.** Stock your day pack with extra weight. (Water's a good option.) A 10- to 15-pound day pack will boost your calorie burn by **10% to 15%** while strengthening your lower back muscles.
- **Get into a groove.** On the days you can't make it to the trails, power-walk on a hilly terrain while carrying various degrees of weight in a backpack -- it will keep your hiking skills and fitness level on track.



The Amazing Health Benefits of Camping

But did you know that camping is extremely good for your health? Nearly every aspect of camping provides health benefits, from eating healthier, staying more active, getting more vitamin D, fresh air, mental health and more.

Air Quality

According to the EPA, indoor air quality is on average 2 – 5 times worse than outdoor air quality. Just by stepping outside you've already experienced the first health benefit of camping! This cleaner air has many benefits for your body, especially the increased levels of oxygen which helps your brain to produce extra serotonin. Serotonin is a chemical that is naturally produced in your brain and affects mood, social behavior, appetite, digestion, sleep, memory and sexual desire. Low levels of serotonin are also linked to depression and stress.



Bright Natural Light

Remember the serotonin we just talked about, bright lights also cause your body to produce more serotonin. But that isn't the only benefit of bright natural light. It also helps your body produce melatonin. Melatonin is a chemical produced by your body that controls your sleep and wake cycles. Melatonin basically controls your internal clock. Recent studies have shown that we actually sleep better when we set our sleep cycles with those of the sun. This is the way people have operated for thousands of years. Not to mention, camping gives you an excuse to go to bed by 9!

Another benefit of natural sunlight is that it helps your body create vitamin D. When your skin is exposed to UV light it produces vitamin D. A lack in vitamin D can mean low bone mass and osteoporosis. With a sufficient amount of vitamin D your body will produce strong and healthy bones.

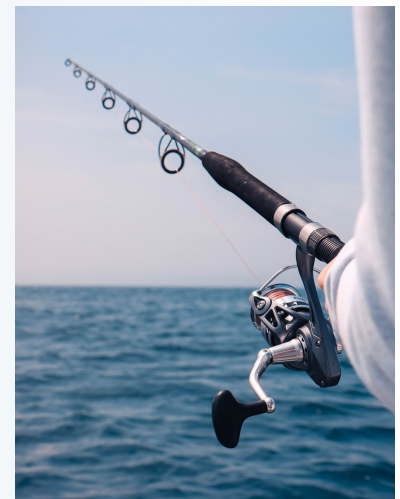


Exercise

From hiking, biking, fishing, canoeing and more, when you're out camping you will find that exercise comes naturally and easily. These fun activities mixed with setting up your campsite, walking to bathrooms, building fires and more all involve more exercise than they do in your normal environment.

An average adult female will typically burn between 1,500-2,000 calories per day (more or less depending on size and level of activity). That same adult will typically burn between 2,000 – 2,500 calories per day while camping, and that is without any major adventures. So right there, just by being outdoors and having to do more than you normally would around your house, you are burning an average of 500 more calories per day.

But the typical camping experience does not stop with just sitting in a lawn chair in a nice campground. A typical person burns roughly 200 calories per hour walking, so a moderate hike with minimal gear easily burns 250-300 calories per hour. Add in any swimming, rowing, climbing, biking or other typical camping hobbies and you've got a very active day.



Healthy Eating

After all that exercise you will also find that you've built up a healthy appetite. I don't mean you will just have a big appetite, but a truly healthy one. This means you will crave foods that nourish your body rather than the ones that provide little to no benefit. Cooking also requires a bit more work since you cannot call for pizza (well, at some campsites I suppose you can!).

On average, most home cooked meals are healthier than any fast food, delivery of pre-packaged food you may be eating at home. Add in a little planning for some healthy energy replenishing foods and your camping diet can easily be a big step up in healthy eating.



Camping, Sleeping & Mental Health

Improved Sleeping and Camping

Many of you may be thinking that there is no way you'll be sleeping better while camping, but trust me, it's completely true.

After a day of burning off more calories than normal, eating healthier foods and enjoying the oxygen and bright sun, your body will be ready for a long peaceful nights sleep.

Studies have shown that un-natural lights, electronic devices and stresses of the modern world can throw many people's sleep cycles completely out of whack. After a few days out in nature with no alarms, phones, emails or other distractions, your body will begin a sleep cycle that provides you with exactly the amount of sleep that you need.



Mental Health and Camping

Beyond the physical health that camping provides, it also offers many benefits to your mental health.

Less Stress

Just like many other vacations, removing yourself from your daily grind can take a load of stress off. But camping can provide an extra level of stress relief that many typical vacations cannot. Once you are out in the woods you may often find that internet, wireless and even electricity may be scarce, thus removing the temptations of phone calls, emails, alarm clocks, schedules and more. Without these things in your life, you may quickly find that your stress has completely dissolved!

Socialization (or isolation!)

Getting out camping can provide socialization that your daily life often times cannot. Sure, you may see your co-workers, wife (husband), kids and friends, but spending time with your family and friends while removed from your daily distractions can often times lead to a new appreciate your loved ones. You may quickly find yourselves talking and laughing more than you have in years. Isolation can also be a beautifully refreshing part of camping. You may find yourself feeling crowded in your daily life and loving the isolating aspect of camping. This can mean to simply be isolated from the business of the big city and enjoying the company of fellow campers or complete isolation on a solo camping trip. Both are wonderful benefits.



Backpack Camping



—
In Connecticut



Backpack campsites can be found along several Blue Blazed Hiking Trails. A separate handout map is available for each site. Backpack camping is only allowed on these sites, and dispersed camping is not permitted. The Blue Trails, developed and maintained by the Connecticut Forest and Park Association, are located on both public and private lands and their continuance is dependent in many cases upon the goodwill of landowners.

- All hikers are requested to stay on the established trails and to respect the rights and property of landowners on and adjacent to the trail.
- The backpacking campsites are provided for the true backpacker only and therefore the length of stay at any one location is limited to one night.
- The campsites are available year round, barring unusual or severe weather conditions.

Use Guidelines

- Backpackers are requested to use backpacking stoves for cooking. If open fires must be used, please build only in established fire rings and be sure fires are fully extinguished before leaving campsites.
- Camp only in designated areas indicated on the map and by signs.
- Keep the trail and camping areas free of litter. Carry out what you carry in.
- Stay on the trail which is marked by blue blazes. Double blazes indicate a turn in the trail.
- Travel and camp in groups of less than 10 if possible.
- Human waste should be buried. Move at least 50 feet from the trail and 200 feet from water to do this.
- Pets are not allowed at backpack camping sites.
- Minors (under 18) must be accompanied by an adult in attendance who accepts responsibility for the camping party. Where the camping party consists of more than 10 people, there shall be adult supervision in a ratio of at least one adult to each ten campers under 18.

Notice To Campers

Camping areas are located on State lands that are also open to hunting. Hunting may occur year-round, however, the peak season in Connecticut begins the third Saturday in October and runs through December. Hunting is not permitted on Sunday.

- If you are camping in an area where hunting is permitted, please note the following precautions:
- Wear bright clothing such as a fluorescent orange vest or hat.
- Avoid brown, tan, gray or white. If you see someone hunting, call out to them to identify your location.
- Let someone know where you are going, and when you will return.



Connecticut Department of
Energy & Environmental Protection
Bureau of Outdoor Recreation
State Parks & Public Outreach Division

Backpack Camping Application

Applications for backpacking campsites along the *Pachaug, Natchaug* and *Nipmuck State Forest Trails* must be mailed to:

DEEP Eastern District Headquarters, 209 Hebron Road, Marlborough, CT 06477 or stacey.mclaughlin@ct.gov

Applications for backpacking campsites along the *Tunxis* and *Mohawk Trails* must be mailed to:

Western District Headquarters, 230 Plymouth Road, Harwinton, CT 06791 or tamera.procko@ct.gov

Note: All applications must be received no later than 14 days prior to requested camping date(s).

Please type or print all information.

Part I: Applicant (must be 18 years of age or older)

Name:			
Mailing Address:			
City/Town:	State:	Zip Code:	
Daytime Phone:	ext.:	Evening Phone:	
E-mail Address:			

Part II: Camper Information

1. Name of Group (If applicable):			
2. Number of Campers:	Total:	Under 18:	Adults:
3. License Plate Number(s) for all vehicles to be left in parking area(s):			

Part III: Campsite(s)/Lean-to(s) Requested (See list on page 2) Attach additional sheets if requesting reservations for more than 3 nights.

Length of stay at any one site is limited to one night. You must either hike to your next designated camp area on the trail or remove yourself from the trail before sundown.

1. Name of campsite/lean-to: Date Requested: From: To:	Expected Time of Arrival:
2. Name of campsite/lean-to: Date Requested: From: To:	Expected Time of Arrival:
3. Name of campsite/lean-to: Date Requested: From: To:	Expected Time of Arrival:

Part IV: Certification

"I hereby certify that I accept responsibility for myself/ my group and that I will be present during the entire camping stay. I will notify all campers of hunting safety precautions. I / my group will adhere to all applicable rules, including not burying refuse, carry out what we carry in and kindling fires only in designated areas."	
Signature of Applicant	Date
Name of Applicant (print or type)	Title (if applicable)

Information on backpack camping, including maps of campsite locations, is available on the DEEP website at www.ct.gov/deep/backpackcamping

Call the appropriate District Office to check on availability of campsite(s) before mailing this application.

Backpack Campsites/ Lean-tos

Eastern District (860-295-9523)

Pachaug State Forest Trail

- Dawley Pond Lean-to
- Dry Reservoir Lean-to
- Legend Wood Lean-to
- Peg Mill Lean-to

Natchaug State Forest Trail

- General Lyons Lean-to
- Knowlton Brook Lean-to
- Nipmuck Trail Lean-to

Nipmuck State Forest Trail

- Breakneck East Lean-to
- Breakneck South Lean-to
- Breakneck West Campsite

Western District (860-485-0226)

Tunxis State Forest Trail

- Nepaug Campsite
- Hurricane Brook Lean-to
- Roaring Brook Campsite

Mohawk Trail

- Housatonic State Forest (Cornwall) Wickwire Lean-to
- Housatonic State Forest (Cornwall) Deans Ravine Campsite
- Mohawk State Forest Lean-to's (3)

Camping Health and Safety Tips

Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure your camping trip is safe and healthy.

Get vaccinated.

Vaccinations can help protect against certain diseases and conditions while camping. Check with your doctor or nurse to see if you've had all of the recommended vaccines. He or she may recommend tetanus, pertussis (whooping cough), meningitis, and/or hepatitis A, depending on your medical history, destination, and other factors.



Prepare safe food and water.

Bring safe and healthy foods along on your camping trip. Eating contaminated food and drinking contaminated water can increase the risk of developing certain infectious diseases caused by germs.

Follow these steps to keep your food and water safe:

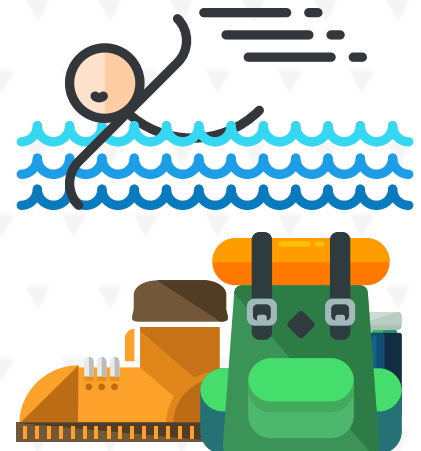
- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Wash hands and surfaces often. Use hand sanitizer if water is not available.
- Separate raw foods from cooked foods.
- Cook foods to proper temperatures (for instance, ground beef should be cooked to an internal temperature of at least 160 degrees).
- Chill foods promptly.



Include safe physical activities.

Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to stay active during your camping trip.

- Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets.
- Avoid poisonous plants, like poison ivy, poison oak, and poison sumac.
- Know your limits, and take steps to avoid injury during activities.
- Never hike or swim alone.
- Watch kids closely.
- Adults should get at least 2½ hours a week and kids should get at least 1 hour a day of physical activity.



Camping Health and Safety Tips

Protect against carbon monoxide poisoning.

- Carbon monoxide is odorless and colorless and can cause illness or death in people and pets.
- Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.
- As alternative heat sources to fuel-burning appliances inside an enclosed shelter, campers should bring adequate bedding and clothing and should consume extra calories and fluids during the outing to prevent hypothermia (a dangerous loss of body warmth that can cause death).



Avoid wild animals, and protect family pets.

- Some wild animals carry diseases that are dangerous to people.
- Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings.
- Keep foods stored in sealed containers and out of the reach of animals.
- Make sure your family pets are vaccinated and always keep a close eye on them. Check for ticks, and remove them promptly. Make sure pets have plenty of water, food, and shelter.

Prevent temperature-related illness.

- To help prevent hypothermia during cool nights, bring adequate bedding and clothing to stay warm.
- Use a plastic ground cloth under your tent to help keep you dry.
- To help prevent heat-related illness during hot days, drink plenty of alcohol-free and sugar-free fluids. Don't wait until you're thirsty to drink.
- Wear layers of light-weight, light-colored, and loose-fitting clothing.
- Rest often in shady areas. Protect yourself from too much sun.

Fight the bug bite.

- Mosquitoes, ticks, and other insects can cause certain diseases.
- To help fight the bite, apply insect repellent containing DEET to exposed skin. Be sure to follow directions on the package.
- Check for ticks daily, and remove them promptly.
- Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.

Camping Meal Planner



Breakfast

- 4 packets instant oatmeal, plain
- 1 cup strawberries, sliced
- 1 cup blueberries
- 4 hard boiled eggs (prepped ahead of time)
- 4 slices turkey bacon
- (we also ate any leftover fruit from previous day)

We boiled eggs ahead of time. We also brought a few extra raw eggs for the kids that wanted a cooked egg over the fire.

For the oatmeal, simply heat water and pour into your oatmeal. Top with berries.

Snacks

- 4 ounces pistachios
- 4 apples

Dessert

- 4 apples
- 1 TBL Brown sugar
- 1 teaspoon cinnamon
- 4 squares of foil

Slice apples. Sprinkle brown sugar and cinnamon on sliced apple and wrap in tin foil. Place on hot coals, or on top of a wire rack over a fire. Let cook for 20 minutes, or until apple becomes soft.

Lunch

- 4 whole wheat bagels
- 4 slices lettuce
- 4 slices cheese
- 4 slices deli turkey
- 4 teaspoons mustard
- 2 cucumbers, sliced
- 4 carrots, cut into sticks
- 1 green bell pepper, sliced
- 4 TBL Hummus
- 1 watermelon, chopped and put in container
- 1 cantaloupe, chopped and stored in container.

Make sandwiches ahead of time with bagels, lettuce, cheese, and turkey. Serve with chopped vegetables and fruit.

Dinner- Taco Soup

- 1 lb. cooked ground beef
- 28 ounce can of crushed tomatoes (or three cups of finely chopped fresh tomatoes)
- 2 cups frozen corn (or 1 can, 15 ounce corn)
- 1 green pepper, chopped
- 2 cups black beans (or 1 can 15 ounce black beans)
- 2 cups red kidney beans (or 1, 15 ounce can)
- 1 envelope Ranch seasoning mix (Or use recipe below)
- 2 TBL Taco seasoning
- 1 small onion, chopped
- 1 cup rice

Place all ingredients in a large pot and bring to a boil. Simmer for 30 minutes. Let cool and place in freezer safe bags. Freeze until you go camping. Let it defrost in a regular cooler. Pour into camp pot and heat over the fire.

Top with shredded cheese and baked tortilla chips.

Shopping List- Camping

	Produce	Amount	B	L	S	D
<input type="checkbox"/>	Strawberries, sliced	4 cup	X			
<input type="checkbox"/>	Blueberries, fresh	1 cup	X			
<input type="checkbox"/>	Apples	8 medium			X	X
<input type="checkbox"/>	Lettuce	4 leaves		X		
<input type="checkbox"/>	Cucumbers	2 medium		X		
<input type="checkbox"/>	Carrots	4 carrots		X		
<input type="checkbox"/>	Green bell pepper	2 pepper		X		X
<input type="checkbox"/>	Watermelon	1 melon		X		
<input type="checkbox"/>	Cantaloupe	1 melon		X		
<input type="checkbox"/>	Onion	1 small				X

	Dairy	Amount	B	L	S	D
<input type="checkbox"/>	Eggs	4 eggs	X			
<input type="checkbox"/>	Cheese	4 slices		X		
<input type="checkbox"/>	Cheese	1/2 cup shredded				X

	Meat/Seafood	Amount	B	L	S	D
<input type="checkbox"/>	Turkey Bacon	4 slices	X			
<input type="checkbox"/>	Deli Turkey	4 slices		X		
<input type="checkbox"/>	Ground Beef	1 lb				X

	Frozen	Amount	B	L	S	D
<input type="checkbox"/>	Corn	2 cups				X

	Baking	Amount	B	L	S	D
<input type="checkbox"/>	Brown Sugar	4 TBL				X

	Grains	Amount	B	L	S	D
<input type="checkbox"/>	Instant Oatmeal	4 Packets	X			
<input type="checkbox"/>	Whole wheat Bagels	4 bagels		X		
<input type="checkbox"/>	Rice, brown	1 cup				X
<input type="checkbox"/>	Baked Tortilla chips	1 cup				X

	Sauces/Condiments	Amount	B	L	S	D
<input type="checkbox"/>	Mustard	4 teaspoons		X		
<input type="checkbox"/>	Hummus	4 TBL		X		

	Canned	Amount	B	L	S	D
<input type="checkbox"/>	Tomatoes, crushed	28 oz can				X
<input type="checkbox"/>	Black Beans	2 cups				X
<input type="checkbox"/>	Red Kidney Beans	2 cups				X

	Nuts/Dried Fruit	Amount	B	L	S	D
<input type="checkbox"/>	Pistachios	4 ounces			X	

	Other Items	Amount	B	L	S	D
<input type="checkbox"/>	Tin Foil					X

	Spices/Seasonings	Amount	B	L	S	D
<input type="checkbox"/>	Cinnamon	4 teaspoons				X
<input type="checkbox"/>	Mustard	4 teaspoons		X		
<input type="checkbox"/>	Ranch seasoning packet	1 packet				X
<input type="checkbox"/>	Taco Seasoning	2 TBL				X

June is Men's Health Month

Fact or Fiction: Does More Protein Mean More Muscle?

On average men need more protein because men are typically larger and have more muscle than women. When you eat more protein than you need for muscle, it goes to other uses in the body and may contribute to over-consuming calories that result in fat gain. Recommendations for a man weighing 175 pounds are to consume a minimum of 65 grams of protein per day. A moderate protein intake for a man who eats about 2200 calories per day is about 80-100 grams per day or 15-20% calories.

Evenly distribute protein intake throughout the day to ensure best absorption. Include 25-30 grams of protein per meal and extra at snacks if needed. Add protein sources from either plants or lean animal sources. A nutritious balanced diet and long-term commitment to reaching your fitness goals helps with maintaining or building muscle.



a_namenko/iStock/Getty Images Plus/Getty Images

Are protein supplements necessary? Does more protein = more muscle?

- ◆ Reality: Most Americans get enough protein through their regular meals throughout the day.
- ◆ Protein supplements may be useful for those with regular regimens of vigorous strength-training or muscle-building exercises.
- ◆ Protein supplements may result in consuming excess calories. Extra calories = extra fat storage.

How many grams of protein are in each serving?

Serving Size*	Protein*	Grams of Protein per Serving*
3 ounces	Turkey, ground	23 grams
3 ounces	Chicken, skinless, baked	26 grams
3 ounces	Beef, lean cooked or ground	22 grams
3 ounces	Salmon, grilled	21 grams
½ cup	Greek Yogurt, lowfat, plain	11 grams
½ cup	Lentils, cooked	9 grams
3 ounces	Tofu, firm	9 grams
2 tablespoons	Peanut Butter	8 grams
1 cup	Quinoa, cooked	8 grams
1 cup	Milk, low-fat	8 grams
½ cup	Black beans, cooked	7 grams
1 ounces	Mozzarella, part skim	7 grams
1	Egg, large	6 grams
1 ounce	Unsalted mixed nuts	6 grams
1 ounce	Roasted chick peas	6 grams

More protein facts:

- ◆ Plant sources of protein are healthy and good for the average person and athlete alike!
 - Try a healthy snacks like unsalted nuts or roasted chick peas!
- ◆ Protein sources from fish such as tuna or salmon provide heart-healthy Omega-3 fatty acids.
 - Have 2 servings a week!
- ◆ Proteins from animal sources that are lean are recommended to keep it heart healthy.
 - Choose skinless poultry and fish more often than red meats.

TASTY TURKEY BURGERS

"My favorite recipe for turkey burgers. Just enough seasonings to make them so much tastier than just plain old turkey burgers, plus the bread crumbs and other added ingredients "bulk up" the turkey, helping you to get more bang for your buck."

"I always have a few of these in the freezer for summer barbecues when I don't care to eat beef hamburgers (I have been known to tote one or two of these along with me to family barbecues to throw on the grill whenever I know that beef burgers are going to be the only main dish)." <https://www.food.com/recipe/tasty-turkey-burgers-20731>

Food



INGREDIENTS

1 lb	ground turkey, 85% lean
½ cup	dry breadcrumbs, whole grain if possible
3 tablespoons	minced onions
2 tablespoons	ketchup
1 tablespoon	lemon juice
1 teaspoon	Worcestershire
1 teaspoon	soy sauce
¼ teaspoon	paprika
2	garlic cloves, minced
¼ teaspoon	liquid red pepper seasoning (optional)
Black pepper, to taste	
6	100% whole wheat hamburger buns

DIRECTIONS

- Combine all ingredients in large bowl.
- Shape into 6 patties.
- Pan-fry**, broil, or grill until lightly browned and cooked through, about 5 minutes per side.
- Serve in hamburger buns with desired toppings.
- My favorite toppings: lettuce, tomato, onion, pickles, ketchup, and fat-free/light mayo.

**Use spray oil to pan-fry to limit added calories.

NUTRITION INFORMATION

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 10g	13%	Total Carbohydrate 20g	7%
Serving size		Saturated Fat 2.5g	13%	Dietary Fiber 2g	7%
1 (0.0g)		Trans Fat 0g		Total Sugars 3g	
Calories per serving	230	Cholesterol 60mg	20%	Includes 1g Added Sugars	2%
		Sodium 220mg	10%	Protein 16g	
		Vitamin D 0.3mcg 2% • Calcium 80mg 6% • Iron 2.1mg 10% • Potassium 320mg 6%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Data for some nutrients obtained from:

* <https://www.eatright.org/fitness/training-and-recovery/building-muscle/strength-building-and-muscle-mass>

Written by: Carla Martinez, Dietetic Intern Yale New Haven Hospital Center for Nutrition and Wellness