

Green Camping

Experience nature without harming it



REMEMBER

Biodegradable soaps are preferred over other soaps and should be used at least 200 feet from any water sources

Never burn garbage in your campfire

Choose safer insect repellents and sunscreens

Bring along reusable water containers and use the potable water provided by the park

HOMEMADE INSECT REPELLENT RECIPE

- 10-25 drops essential oil. Try lavender, rose, geranium, peppermint, basil, clove or citronella.
- 2 tbsp vegetable oil
- 1 tbsp aloe vera gel

Combine ingredients in a glass jar, shake to blend and then dab a few drops on your skin or clothing.

Washing (dishes & yourself)

All soaps, even biodegradable ones, can contaminate fresh water sources. Using a biodegradable soap doesn't reduce its immediate environmental impact, it just means that the soap will biodegrade in time. Biodegradable soaps are preferred over other soaps but should still be used at least 200 feet from any lakes or rivers. Washing anything in the lake, no matter what product you use, is never a good idea!

Waste

Avoid bringing disposable cutlery and dishes and pack reusable dishes that you can wash instead. Prepare meals at home and freeze them to take camping. Bring old shopping bags to collect all waste and recyclables and use the facilities provided at the park. **NEVER** burn garbage in your campfire. It releases dioxins and other toxic pollutants into the environment.

Insect Repellent

Bug sprays can be bad for you and the environment. DEET has been classified by the USFDA as a Group D carcinogen (cancer causing agent) and is believed to be an endocrine disruptor, and a neuro-toxin associated with kidney and liver damage. DEET has been detected in ground-water around the world and is also a serious environmental contaminant. Consider purchasing all natural bug repellent, make your own using essential oils, or wear screened bug-proof clothing.

Sunscreen

The best sunscreen is a long-sleeved shirt and hat. According to the Environmental Working Group, some sunscreen ingredients absorb into the blood, and some are linked to toxic effects. Some release skin-damaging free radicals in sunlight, some act like estrogen and could disrupt hormone systems, several are strongly linked to allergic reactions, and still others may build up in the body or the environment. To rate your sunscreen visit www.ewg.org/sunscreen

Water

Disposable water bottles just add to your trash load. Most campgrounds have access to potable water so bring along reusable water jugs and canteens and fill up on site. To conserve water, use a basin to wash hands and then use the water to wash dishes.

Solar showers are convenient for camping and backpacking and can hold 19 litres of water. They use solar energy to heat the water in only a few hours and can be hung up for a quick rinse or full shower. Fill a specially constructed plastic bag with water and place it in direct sunlight to heat up. When ready, hang it up and enjoy!

In Northwestern Ontario, we love our boats and time spent on the water, but boating is not without its concerns.

Canadians own about 2 million recreational boats. In the U.S., about 12 million marine engines power watercraft. In addition to airborne emissions from boat motors, the environment is affected by vast quantities of petroleum products that leak out of boats during operation and refueling.

According to one source, there's the equivalent of 15 Exxon Valdez oil spills happening in North American waterways every year. It's a lot of fuel, but because it comes out of one little boat at a time, at marinas, docks and fishing spots all over the place, nobody really takes notice.

There is also environmental damage caused to aquatic habitats by wake activity and propellers, especially when boat operators travel in shallow waters.

Even if you're not willing to stick with a canoe, kayak or sailboat, there are many ways you can reduce the impacts of boating.

Taking care of our lakes and rivers helps guarantee lots more summer fun in years to come.

Green Boating

Protect our waterways!



- Avoid fuel and oil spills by ensuring you do not overfill your tanks. Half a litre of oil will cover 0.4 hectares of surface area, so spills are no minor thing.
- Whenever possible, refuel at an approved area on land using a fuel pump. Avoid transferring fuel to your boat in containers and on the water.
- If you must use a container, make sure you use a large funnel or buy a siphon hose with an integrated pump to reduce spillage. Keep absorbent pads on hand to soak up any spills.
- Use bilge filters or bilge pads to absorb oil and fuel so none gets pumped overboard accidentally.
- Choose a boat with an inboard, four-stroke or two-stroke engine that has direct fuel injection. These are much better for the environment and cheaper to run, as an estimated 25 per cent of all fuel and oil used in a conventional two-stroke engine ends up in the water.
- Look for ways to increase your boat's fuel efficiency. Eliminate unnecessary idling, avoid running the engine at full throttle and get regular oil changes and engine tune-ups.
- Inspect your fuel lines, clamps and fuel filters regularly.
- If you're an angler, consider investing in an electric trolling motor to reduce idling at slow speeds.
- Properly dispose of used fishing line and lures. Avoid lead weights and lures.
- Avoid the temptation of a personal watercraft. While most new models have switched to 4-stroke engines, there are still older ones on the market with a 2-stroke engine that constantly spews oil/gas into the lake.
- Clean your boat and dock using non-toxic cleaners like baking soda, vinegar, lemon juice, and elbow grease.
- Make sure sewage and garbage don't end up overboard. Recycle and compost garbage back on shore and use a pump-out service to empty your sewage tank. Use a portable ash tray for cigarette butts.
- Don't cause a wake near shore - this causes shoreline erosion and can destroy habitat for fish, birds and wildlife.

www.ecosuperior.org

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