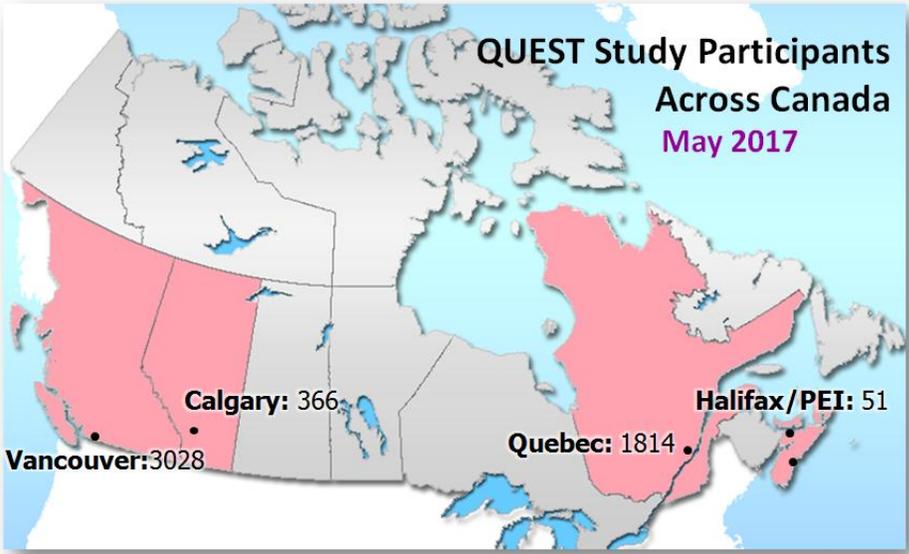




JULY NEWSLETTER



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Refer A Friend to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

Jordyn was last month's winner! To thank her for telling her friends about the study, we sent her an iTunes gift certificate!

Outdoor Safety

By Claire Pitcher, Registered Nurse

It's summer!!The QUEST staff looking forward to hiking, camping, picnics and hanging out with friends. Here are some tips for staying safe while you are out enjoying nature this summer!

What are some of the most important things to bring on a hiking or camping trip?

When you're in nature, you likely won't have easy access to all the things you need to survive. This is why hiking and camping require a bit of planning! For example, it's very important to bring things like drinking water (or a filtration system), plenty of food, weather protection (including sunscreen, a hat, rain gear and/or warm layers), a map (can't always rely on Google maps on a camping trip! ☺), bug spray and a first aid kit. If you are going camping or hiking for the first time, it can be very helpful to ask for tips someone who has experience in the outdoors.

Do I really need to bother telling someone if we're just going hiking for the

Currently enrolled:
5530 GIRLS

Our target:
8666 GIRLS

afternoon or camping for one night?

Yes! It's very important to let someone know what your plans are – including details like when you plan to leave/return, where you'll be going and how many people you'll be with. Even though chances are good that you will be completely fine, it's important that someone back at home can keep an eye out to make sure you return as planned.

I love seeing wildlife in nature! Is it okay to feed and get close to animals if they don't look aggressive?

As a general guideline, it is always best to keep a good distance between you and any animals you see in the wild. Even animals that look friendly can become aggressive if they feel scared or threatened. This is especially important to remember with predatory animals such as bears and cougars and with any animal that may be caring for their young. Depending on where you live and which animals are in the area, there will be different safety tips to keep in mind. Before you set off on your hike, make sure you know what kinds of wild life to lookout for and how to handle any unexpected animal encounters.

If I'm thirsty, is it okay to drink straight from a stream?

Generally, the answer to this question is no (unless you bring a specific filtration system designed to treat water from natural sources). Even water that looks pristinely clean is probably being shared with lots of wildlife as their place to drink/go to the bathroom/bathe. As you can imagine, this is what makes the water unsafe for humans to drink! There can also be tiny, microscopic bacteria, viruses or parasites in the water that can make people really sick if they drink it. The best plan when it comes to drinking water is to pack enough on your way to keep you well hydrated.

For more information on general camping tips (including safety information!), please visit this great website: <http://www.pc.gc.ca/eng/media/ltc-dlc/ltc-dlc04.aspx>

The park you are hiking/camping in may also have its own website that will give you updates on trail and weather conditions, wildlife encounters, and specific safety tips.

Contest of the Month

What are your plans for the summer?!

[Email us](#) your answer for your chance to win a gift certificate!

Congratulations Allison!

She was our June

Contest Winner!!

We sent her a Starbucks Gift card!

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