



SOUTHERN LAND  
COMPANY

# JULY

## National Park & Recreation Month

What better way to enjoy summer than to explore national parks? The National Park Service manages more than 400 recognized parks across the United States. 63 of those parks are formally designated as “National Parks” such as Acadia, Yellowstone, and the Grand Canyon to name a few. Most of the major National Parks are either a long drive or a plane ride away for most people in the U.S. However, there might be one closer than you think that makes for a perfect day trip with family and friends, and maybe your pet.

When you think of a national park, long gravel trails, boulder formations, and trees might come to mind. Did you know that there are national battlefields, memorials, monuments, rivers, and reserves that make up the more than 400 parks nationwide?

There is much more to do around a national park than just hiking. Many of the recognized parks throughout the U.S. offer other activities such as bicycling, camping, climbing, fishing, swimming, and even golf and tennis. Click [Here](#) to locate a park near you offering fun activities for the entire family! Many parks even allow you to bring along your pet. You can hike with your dog and camp with your cat. However, not all parks allow pets. It is important to check before you go and make sure your pet is allowed.

If you are planning a trip to a park nearby, it's important to pack plenty of fluids and food, especially in the summertime heat. Save time in the morning by preparing the night before. Pack all foods in sealable containers and store in the refrigerator overnight to preserve freshness. Then, in the morning, pack all fluids and foods in an insulated cooler with ice packs.

Making a list of everything you need leading up to your trip will ensure you are prepared for a day full of adventure.

Scan the QR code and select your state from the drop-down menu to locate a park close to you!



### Pack smart for the park!

- Fluids, including water and electrolyte drinks
  - Purchasing water on the road? Pack electrolyte tablets, which makes it super easy to toss in your water bottle on the go!
- Food
  - Fruits and vegetables contain a good amount of water, which will help even more with hydration.
  - Meats, cheeses, hard-boiled eggs, and nuts can provide you with a boost of energy. Check out the energy bite recipe below!
- SPF 30+ (Make sure you reapply every 80 minutes!)
- Bug spray
- Band-Aids
- Light, packable rain jacket in case you get stuck in the rain
  - Check the forecast before you go!

### RECIPE: No-Bake Energy Bites

- 1 cup oats (rolled or quick cook)
- 2/3 cup toasted coconut flakes
- 1/2 cup nut butter (any type of butter will suffice such as peanut, almond, sunflower, or granola)
- 1/2 cup ground flax seed
- 1/3 cup honey
- 1 tbsp. chia seeds
- 1 tsp. vanilla extract

Directions: Mix all wet ingredients in a bowl until well combined. In a separate bowl mix all dry ingredients. Pour the wet ingredients over the dry ingredients and mix. Use a spoon and scoop small amount into your palm. Use your hands to make a ball. Chill in fridge for one hour.

These energy bites are easy to prep and even easier to take with you on the go!

### Sources:

- <https://www.nps.gov/index.htm>
- <https://www.nps.gov/aboutus/national-park-system.htm>
- <https://www.nps.gov/planyourvisit/recreation.htm>
- <https://healthylearn.com/connerstrong/hn/store-picnic-food-safely.html>