GET READY FOR ADVENTURE

JUST GET OUT AND WALK

Leisurely forest walks yield a **12.4% decrease in stress** hormones, a **1.4%** decrease in blood pressure, and a **5.8%** decrease in heart rate.

> of American households camp at least occasionally in a

> year, and of 💧 camping families plan to take 3 or more trips during the year.

TRANSPORTING FIREWOOD **CAN SPREAD PESTS**

92% of Americans say

they have at least 1 tree

START SEASONING

FIREWOOD IN SPRING

months in a covered shed

makes it burn hotter and cleaner

Drying it for at least **6**

on their property.

Trees in all 50 states and 10 Canadian provinces are at risk of attack by invasive species if campers move infested or diseased firewood.

MILE The average camper travels **200** miles to their camping

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75% of people value

time spent Outside

in their yard.

of Americans say they

live less than 10 miles

from a wooded area.

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out campers will plan a trip to a State or National Park campground this year.

WELCOME TO THE FOREST





The Nature Conservancy 2010, LandscapeProfessionals.org, Miyazaki et al 2011, OutdoorFoundation.org, Woodheat.org. For a complete list of sources, visit: dontmovefirewood.org/getreadyforadventure.