



Illustration by Latasha Dunston  
**2021 Resource Guide**



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*Thank you to our awesome sponsors!*



# Welcome!

Thank you for joining our 5<sup>th</sup> annual #wehiketoheal program!

The mission is simple, to encourage women all over the world to tap into the healing and empowering influences within ourselves, our communities and the Great Outdoors.

New this year we've added our Mindful Minute Tracker to encourage bringing mindfulness into our daily lives. We ask that you log your mindful activities daily! You can also expect to receive a weekly email in which we'll discuss the week's topic and share worksheets and other resources. Additionally, we'll also have weekly virtual workshops with some amazing facilitators and instructors!

You will find more details on all of the above in the Participant Portal. We encourage you to take the time to complete the exercises and truly connect inward. This time is for you!

While our community's focus is on women - this movement is meant for everyone and anyone within ALL of our communities, there are so many intersectionality's between each of us and the more mindful, in-tune, aware and grateful people out there, the better the world gets, right?!

Enjoy the journey!

Much love,  
Kenya + Michelle





# MINDFULNESS 101

## What is Mindfulness:

*“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”-*

mindfulness.org Mindfulness is exactly what it sounds like, it’s the practice of being mindful in all our thoughts and actions. It’s showing up fully in the present moment and taking stock of your feelings and thoughts without judgment. Eight Principles of Mindful Living:

1. Focus on the Present Moment
2. Be Open to New Experiences
3. Release Judgment
4. Accept of Things as They Are
5. Embrace Connectivity
6. Let go of Attachment
7. Practice Peace and Equanimity
8. Show Compassion

## How can you practice Mindfulness:

Bring inner awareness to everything you do. Mindfulness is not a thing or a singular action, it is a way of life in which you practice living in the present moment. Meditation is a great way to get started, but keep in mind, mindfulness extends past mediation, it is a way of life.

## Three easy steps to get started:

1. Do one thing at a time. Devote your full attention to everything you do.
2. When speaking to others, listen intently without trying to think of your response.
3. practice mindful gratitude by giving thanks during your daily tasks.

## What are some benefits of Mindfulness:

Your mindfulness practice should bring an overall sense of calm and awareness. Research studies have shown that mindfulness can reduce stress, anxiety and depression, as well as, improve memory, focus and cognitive flexibility. Studies have also shown that mindfulness can reduce risk of heart disease, asthma, diabetes and other stress related illnesses.



# MINDFULNESS 101

## Mindfulness and Mother Nature:

The act of being present and aware amongst Mother Nature introduces another layer of enchanting benefits. As you experience the great outdoors you will notice the vast beauty, calm and inspiration that it offers – this in conjunction with your mindfulness practice will open your eyes to a whole new world. You'll notice the hum of the trees, the echo of birds and the sensation of the wind on your skin. You'll notice how everything works together to create this beautiful experience and you'll feel a deep, profound sense of gratitude for being able to observe it.

## Myths of mindfulness:

- *Mindfulness is hard* – not at all, just focus on one step at a time and remember it's about awareness and non-judgment... so stop judging yourself!
- *Mindfulness is for cool people* – first of all, you are cool. But the truth is, mindfulness is for everyone and anyone.
- *Mindfulness is the same as Meditation and yoga* – meditation and yoga can certainly aid you in your mindfulness practice. But mindfulness is not a thing. It's a way of life and way of being.
- *Mindfulness is for people with lots of time on their hands* – practicing mindfulness doesn't require additional time. It's about creating awareness in your life whether you have lots of free time or none. Studies have shown that practicing mindfulness can increase focus and memory, two very important things to help manage a busy schedule.
- *Mindfulness is a religion* – while said to be originally taught by Buddha, mindfulness is not tied to any religious traditions. Mindfulness is about awareness. It's about tuning into yourself and living a fuller happier life.

*“Peace in oneself, peace in the world.”*

-Thich Nhat Hanh



# Introduction to Meditation

## An Introduction to Guided Meditation:

*“The word meditation, is derived from two Latin words : meditari(to think, to dwell upon, to exercise the mind) and mederi (to heal). Its Sanskrit derivation 'medha' means wisdom.” – healthandyoga.com*

Meditation is awareness. There is no rule book on how you should meditate. If sitting cross legged on the floor is uncomfortable, lie down, or sit in a comfortable chair, or for the purposes of mindful movement, active or walking meditation is also appropriate. The idea is not to be worried about your physical position, but to focus on what is going on in your mind and to find balance there. You are encouraged to focus on your breathing as you meditate. Listen to the rhythm; follow your breath through your body, sometimes counting your breaths is a good place to start. As your mind wanders to your to-do list or your agenda for the day, gently nudge yourself back to following your breath. Sometimes you will run across a thought that you'd like to follow, feel free to do so, meditation is a time for you to better understand yourself.

There are many different forms of meditation, for this experience we will use guided meditation. Each meditation will inspire you to direct your mind towards a positive perception. Allow the words to sink in and accept them as your own. There will be some breaks throughout the recordings to allow you to reflect and leave space for the words to resonate. As mentioned above, it is normal for your mind to wander during meditation. Don't be hard on yourself. Follow your thoughts quietly, or gently bring your attention back to your breathing. The idea is to be present and tune into your mind and body.

We suggest that you begin each day with meditation. It is a wonderful practice to check in with yourself and set your intentions for the day. Regardless of when you complete your meditation, it is time you are taking for yourself, enjoy it. Namaste.



# HIKING 101

## Find your Trail:

Guess what...hiking is just walking... in nature, or anywhere for that matter. That's the great thing about hiking. It's for just about everyone. You know your body, and what you can safely manage. Start with low mileage, low elevation gain hikes then work your way up. Look for local gardens, state or national parks near you . Most parks have websites that can give you information on the available trails and difficulty levels. You will be amazed at all the hiking opportunities near you. Check out the list of State and National Parks on [page 10](#) of this guide.

## What to wear:

*"There is no bad weather, only inappropriate clothing."* That being said, make sure you check the weather before hitting the trails! Keep in mind that the temperature is always a bit cooler under the canopy of trees and near water. The best bet is to wear layers. Dry-wicking materials are best for base layers. As much as we love cotton, it's not your friend while hiking because it retains moisture. You want to keep your body, and especially your feet dry! Go for wool or synthetic materials. When it comes to shoes or boots, we could go into a 10 page guide, but the bottom-line is this, they should fit properly and have a decent tread. Take a look at trail running sneakers or hiking shoes or even boots. When you are starting off it may not be necessary to buy special hiking shoes, but it's important that they are comfortable, fit properly and won't cause you to slip on uneven terrain. You want your feet to be happy, because happy feet = a happy hike!

## What to bring:

The type of gear you bring on the trail with you will be contingent on how far and how long you plan to be out. However, generally speaking for day hikers there's a few things you'd want to have handy.

The 10 essentials are the basics of what you want to have with you, use your best judgement and plan accordingly.

- |                    |                      |
|--------------------|----------------------|
| 1. Navigation      | 6. Fire              |
| 2. Illumination    | 7. Emergency Shelter |
| 3. Sun protection  | 8. Extra food        |
| 4. First aid       | 9. Extra water       |
| 5. Knife/Multitool | 10. Extra clothes    |



# HIKING 101

## What to bring (continued):

- **Water and fuel:** Hydration and snacks are so important! As a beginner your hikes will likely be relatively short (i.e. less than 3 miles and a few hours) so you won't have to carry tons of water and food. Just make sure you enough water to consume about 16oz per hour you are out on the trail, plus some protein rich snacks like nuts or trail bars, KIND bars are one of our favorites! If you are hiking during the summer it's a good idea to bring a salty snack as well, like pretzels or trail mix to replace the electrolytes you loose through sweating. You may even add a sports drink to your pack to replace those electrolytes as well.
- **First Aid/Emergency kit:** Day hiker kits can be pretty simple. We recommend having the following items at a minimum: Flashlight or headlamp, waterproof matches or a lighter, a pocket knife, sunscreen, bug spray, toilet paper and a whistle or emergency horn.
- **Trail Map:** Always carry a printed copy of the trail map with you. There are lots of great apps like Alltrails and Traillink, but some times gps will go out in remote areas and you gotta go old school. Find trail maps on the parks website or grab a copy when you arrive at the park. Keep in mind more remote trails may not have a park office at the trailhead to provide maps, so make sure you have a back up plan.
- **Daypack:** Let's be honest hiking gear can get costly, even just a standard daypack can cost you upwards of \$50. In this case, the saying is true, you get what you pay for and the better your gear the more comfortable you are on your hike. However, you can easily grab your kids book bag, or by an inexpensive one from a big box retailer. The idea is to not have to carry your water, snacks, first aid kit and trail map in your hands! It's more comfortable and safer for you while you are exploring!

**Leave No Trace:** "The seven principles of Leave No Trace were developed to help educate and guide recreationists in sustainable minimum impact practices that mitigate or avoid recreation-related impacts." Ok, so what does that mean? Basically, we want our parks, trails and the great outdoors in general to remain as unaffected and unaltered from our use as much as possible, so pack out what you bring in and be mindful of the space you are on.



# HIKING 101

## Other things to know:

- **Restrooms:** Don't assume there will be a restroom at the trailhead. More remote trails won't have bathrooms, so either make sure you take care of business before you hit the trail or have your toilet paper handy and be prepared to pop a squat! If you have to go #2 make sure you dig a hole and cover it up... because, well, you understand.
- **Parking:** Be sure to have some cash on you to pay for parking at the trailhead. Sometimes there will be an attendant or visitor center and sometimes it's the honor system where you stick your cash in an envelope and pop it a box. Either way, cash is your best bet. Plan ahead to make sure you know exactly what the fees are.
- **Trail Etiquette:** General good manners apply on the trails. Leave room for other hikers to pass on your left, don't litter, keep your pets on a leash, if hiking with a group be mindful of other hikers and make room. In general be respectful of the people and land around you!
- **Intuition:** Listen to it! Pay attention to your surroundings and if something looks or feels wrong, stop, get your bearings and decide whether to proceed or go back. Your intuition is usually your best tool, trust yourself and have a great time!

*Hike more.  
Worry Less.*

# FIND A TRAIL NEAR YOU

[Alabama](#)

[Alaska](#)

[Arizona](#)

[Arkansas](#)

[California](#)

[Colorado](#)

[Connecticut](#)

[Delaware District of](#)

[Columbia](#)

[Florida](#)

[Georgia](#)

[Hawaii](#)

[Idaho](#)

[Illinois](#)

[Indiana](#)

[Iowa](#)

[Kansas](#)

[Kentucky](#)

[Louisiana](#)

[Maine](#)

[Maryland](#)

[Massachusetts](#)

[Michigan](#)

[Minnesota](#)

[Mississippi](#)

[Missouri](#)

[Montana](#)

[Nebraska](#)

[Nevada](#)

[New Hampshire](#)

[New Jersey](#)

[New Mexico](#)

[New York](#)

[North Carolina](#)

[North Dakota](#)

[Ohio](#)

[Oklahoma](#)

[Oregon](#)

[Pennsylvania](#)

[Rhode Island](#)

[South Carolina](#)

[South Dakota](#)

[Tennessee](#)

[Texas](#)

[Utah](#)

[Vermont](#)

[Virginia](#)

[Washington](#)

[West Virginia](#)

[Wisconsin](#)

[Wyoming](#)



**National and State Parks:** There are a total of 62 National Parks and over 10,000 State Parks between all 50 states! Check out the awesome map of all the National Park above and visit NPS to get more information on each park. To the left you'll find a link to each state's Parks website. Happy hiking!!

[Canada and the UK](#)

[Canadian National Parks](#)

[United Kingdom National Parks](#)

*\*Map and data sources from National Park Services and stateparks.com*







# Meet our Partners | 1

*Our partners play a huge roll in organizing and supporting the #wehiketoheal movement.  
Check out their communities and show them some love!*

	Organization	Mission	How to find them
	<b>52 Hike Challenge</b>	A challenge where you will gain physical fitness, mental well-being, make new friends, explore new places, and connect with family, friends and yourself through nature.	<a href="http://www.52hikechallenge.com">www.52hikechallenge.com</a> IG: <a href="https://www.instagram.com/52hikechallenge">@52hikechallenge</a> FB: <a href="https://www.facebook.com/52hikechallenge">52hikechallenge</a>
	<b>Active Southern West Virginia</b>	Active Southern West Virginia is a nonprofit building an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained leaders from within the communities they serve. Each Active SWV program serves a specific purpose to build capacity within southern West Virginia. The connectivity of each program will help usher in a vibrant, diverse economy.	IG: <a href="https://www.instagram.com/activeswv">@activeswv</a> FB: <a href="https://www.facebook.com/ActiveSWV/">https://www.facebook.com/ActiveSWV/</a>
	<b>AdventurUs Women</b>	Unique, All-Inclusive, Multi-Sport Adventure Weekends Designed Exclusively for Women by Women	<a href="http://www.adventuruswomen.com">www.adventuruswomen.com</a> IG: <a href="https://www.instagram.com/adventuruswomen">@adventuruswomen</a>
	<b>Ali Schaffer Counseling and The Happy Hour</b>	Ali Schaffer Counseling provides individual and group therapy for adults navigating life transitions, coping with health challenges, and desiring to live more fully. The Happy Hour: To make the world a happier place, one conversation at a time.	IG: <a href="https://www.instagram.com/alischaffercounseling">@alischaffercounseling</a> and <a href="https://www.instagram.com/thisishappyhour">@thisishappyhour</a>
	<b>American Hiking Society</b>	Empowering all to enjoy, share, and preserve the hiking experience.	<a href="http://www.americanhiking.org">www.americanhiking.org</a> FB & IG: <a href="https://www.instagram.com/americanhiking">@americanhiking</a>
	<b>Ample Movement</b>	A weight neutral, non diet place for movement and living in the body you have right now. Let's change our society and make everyone feel worthy no matter their body type. End fatphobia and let's see more fat bodies doing things they love!	IG: <a href="https://www.instagram.com/Amplemovement">@Amplemovement</a> FB: <a href="https://www.facebook.com/AmpleMovement">Ample Movement</a>

# Meet our Partners | 2

*Our partners play a huge roll in organizing and supporting the #wehiketoheal movement.  
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	Organization	Mission	How to find them
	<b>Bigger Life Adventures</b>	Bigger Life Adventures curates yoga retreats, workshops, and adventures for people in recovery. Everyone is recovering from something. We're dedicated the healing power of nature and yoga, breaking stigmas against addiction in this world and passing on the hope and freedom of sobriety and living your biggest life. Bigger Life Adventures retreats are devoted to serving those in recovery from anything!	IG: biggerlifeadventures FB: <a href="https://www.facebook.com/biggerlifeadventures">www.facebook.com/biggerlifeadventures</a>
	<b>Black Girls Trekkin</b>	This Los Angeles based group's mission is mainly to help black women empower black women while getting outdoors. We hope to build up our community and show the world that us ladies of color are a strong and present force in the outdoors. We hope to encourage and inspire other women of color to #optoutside. Join us as we hike, climb, run and embrace the challenges that the outdoors has to offer us.	<a href="http://www.blackgirlstrekkin.com">www.blackgirlstrekkin.com</a> IG: <a href="https://www.instagram.com/blackgirlstrekkin">@blackgirlstrekkin</a> FB: <a href="https://www.facebook.com/blackgirlstrekkin">Black Girls Trekkin'</a>
	<b>Collectively Outside</b>	Collectively Outside strengthens communities by increasing participation in outdoor activities that foster physical health, personal growth and an appreciation of natural spaces.	<a href="http://www.collectivelyoutside.org">www.collectivelyoutside.org</a> IG: <a href="https://www.instagram.com/collectivelyoutside">@collectivelyoutside</a> FB: <a href="https://www.facebook.com/collectivelyoutside">Collectively Outside</a>
	<b>ConsultKenya</b>	To provide individuals and organizations with spiritual and emotional guidance to grow, expand and identify their full potential	<a href="http://www.kenyajackson.com">www.kenyajackson.com</a> IG: <a href="https://www.instagram.com/consultkenya">@consultkenya</a>
	<b>Cultivating Cultures</b>	Cultivating Cultures is an artist collective, based in Atlanta, GA, that curates events, which focus on celebrating arts, diversity, and togetherness in the community.	<a href="http://www.cultivatingcultures.com">www.cultivatingcultures.com</a> IG: <a href="https://www.instagram.com/cultivatingcultures">@cultivatingcultures</a>
	<b>Dr. Crystal Jones+ The Healers' Collective</b>	To hold space for the transformative process of birth, healing and transition with intentional focus on elevating destructive narratives spiritually emotionally biochemically and physiologically   To elevate the narrative of wellness in our communities.	<a href="http://www.drcrystaljones.com">www.drcrystaljones.com</a> IG: <a href="https://www.instagram.com/drcrystaljones">@drcrystaljones</a> IG: <a href="https://www.instagram.com/thehealerscollective">@thehealerscollective</a>

# Meet our Partners | 3

*Our partners play a huge roll in organizing and supporting the #wehiketoheal movement.  
Check out their communities and show them some love!*

	Organization	Mission	How to find them
	<b>Force of Nature Hiking</b>	Bringing groups of women together to be inspired by the outdoors and discover their own force of nature within, while promoting personal growth, connection, creativity, self-care, and empowerment.	<a href="https://www.instagram.com/forceofnaturehiking">IG: @forceofnaturehiking</a>
	<b>GTFO Women's Adventure Club</b>	GTFO seeks to build confidence, capacity, and community in women through adventure.	<a href="http://www.gtfonb.com">www.gtfonb.com</a> IG: <a href="https://www.instagram.com/gtfonb">@gtfonb</a>
	<b>Hike the World</b>	Building community, mental health awareness & volunteer programs through hiking the world and infusing this mission into future generations.	<a href="http://www.hiketheworld.com">www.hiketheworld.com</a> IG: <a href="https://www.instagram.com/hiketheworldco">@hiketheworldco</a> FB: <a href="https://www.facebook.com/hiketheworldco">hiketheworldco</a>
	<b>HIKEOLUTION</b>	HIKEOLUTION aims to introduce the joys of walking in the woods by providing exceptional hiking adventures that promote camaraderie, build physical strength, teach reverence of nature and spark inner peace.	<a href="https://www.instagram.com/HIKEOLUTION">IG: @HIKEOLUTION</a>
	<b>Hikerbabes Community - Southern NJ Chapter</b>	<p>We are a Community of like-minded women who share a passion for the outdoors. Hiking is good for body, mind and soul. Every day in nature is a gift. Join our movement. 100 hikes. No time frame because it's not a race. It's about the journey.</p> <p>Be sure to share your adventures with us. Use our hashtags <a href="#">#hikerbabesorg100</a> <a href="#">#journeyto100</a> <a href="#">#hikerbabesnjsouth</a></p>	<a href="https://www.hikerbabescommunity.com/">https://www.hikerbabescommunity.com/</a>
	<b>Hiking My Feelings</b>	Hiking for Mental Health. Sydney and her husband are traveling the US sharing her story of finding her mind + body connection.	<a href="https://www.instagram.com/Hikingmyfeelings2019">Hikingmyfeelings2019</a> IG: <a href="https://www.instagram.com/hikingmyfeelings">hikingmyfeelings</a>






# Meet our Partners | 4

*Our partners play a huge roll in organizing and supporting the #wehiketoheal movement. Check out their communities and show them some love!*

	Organization	Mission	How to find them
	Homicide Survivors Inc.	Homicide Survivors, Inc. is a nonprofit victim assistance organization dedicated to meeting the crisis and long term needs of families of murder victims. Through support, advocacy and assistance we help survivors cope emotionally, stabilize economically and help survivors seek justice for their loved ones. Homicide Survivors is committed to ensuring that no one has to endure the murder of a loved one alone. We can't change the tragic loss, but together, we can ease the pain & prevent further victimization.	<a href="https://azhomicidesurvivors.org/">https://azhomicidesurvivors.org/</a>
	Latinx Hikers	LatinXhikers is a community dedicated to promoting diversity, equity, and inclusion in the outdoors through digital story-telling and community outreach.	<a href="http://www.latinxhikers.com">www.latinxhikers.com</a> IG: <a href="#">Latinxhikers</a>
	Lighthouse Holistic Wellness	Lighthouse Holistic Wellness is an emotional wellness and intuitive healing guide supporting the Mind, Body and Spirit connection. Through energy healing practices and mental health therapy Lighthouse Holistic Wellness supports people who are ready to increase ease, joy, fulfillment in life; walk with clarity, connect with authenticity, and love fiercely.	<a href="http://www.lighthouse-wellness.com">www.lighthouse-wellness.com</a> IG: <a href="#">@lighthouse_wellness</a>
	Love and Light Institute	Building community, mental health awareness & volunteer programs through hiking the world and infusing this mission into future generations	<a href="http://www.withloveandlight.com">www.withloveandlight.com</a> IG: <a href="#">@theloveandlightinstitute</a> FB: <a href="#">@LLInstitute</a>
	REMIXEcology	The mission of REMiXEcology is to provide under-represented individuals the opportunity to cultivate relationships with themselves, each other and nature in order to holistically improve their physical, mental, and spiritual well-being.	IG: <a href="#">@remixecology</a>





# Meet our Partners | 5

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	Organization	Mission	How to find them
	<b>She Explores</b>	She Explores is committed to creating a space where others' voices are amplified. Since our founding in 2014, we have featured more than 500 women's stories, voices, photographs, and artwork. We're always on the lookout for how the conversation about and between women is changing, for voices that still aren't being heard, for what's next in the outdoor industry and environmental world, for discussions that are hard to start but important to have, and for stories that reveal we are not alone — even in our private journeys.	<a href="http://www.she-explores.com">www.she-explores.com</a> IG: <a href="#">@she_explores</a> FB: <a href="#">sheexplorespodcast</a>
	<b>Sun Breath Yoga</b>	Sun Breath Yoga is a yoga studio that embodies community, authenticity, and space for growth. We believe that yoga is more than the shapes we make on our mat. It's a catalyst for the change that happens within that allows us to show up more fully for ourselves and those around us.	<a href="https://www.sunbreathyoga.com">https://www.sunbreathyoga.com</a> IG: <a href="#">@sunbreathyoga</a>
	<b>Taking Up Space Outdoors</b>	Changing the narrative through our personal stories and our outdoor adventures! Diversity + Equity + Inclusion	IG: <a href="#">@takingupspaceoutdoors</a>
	<b>Jenny Bruso &amp; Unlikely Hikers</b>	Broad diversity, inclusion and representation in the outdoors. On Unlikely Hikers we feature the underrepresented outdoors person, this includes fat people, people of color, queer & trans folks, people with disabilities and mental health issues. It's a whole lot of conversations! As for myself, I am a writer and queer, fat woman and I discuss those issues a lot.	<a href="http://www.jennybruso.com">www.jennybruso.com</a> IG: <a href="#">@UnlikelyHikers</a> & <a href="#">@jennybruso</a> FB: <a href="#">jennybrusounlikelyhikers</a>
	<b>WHOA Mag</b>	We showcase badass, inspiring women who work and play in the outdoors.	<a href="http://www.whoamag.co">www.whoamag.co</a> IG: <a href="#">@whoamagwhoa</a>

# Meet our Partners | 6

*Our partners played a huge roll in organizing and supporting the #wehiketoheal movement.  
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	Organization	Mission	How to find them
	<b>WisCorps</b>	To develop leadership, self-confidence, and a strong work ethic in youth and young adults through the active stewardship of Wisconsin's communities and natural resources.	<a href="https://wiscorps.org/">https://wiscorps.org/</a>
	<b>Women of the Wild Midwest</b>	Bringing together local ladies who love the outdoors	<a href="http://www.wowmidwest.com">www.wowmidwest.com</a> IG: <a href="https://www.instagram.com/womenofthewildmidwest">@womenofthewildmidwest</a>
	<b>Women Who Explore</b>	Inspiring women to come together and enjoy the great outdoors!	<a href="https://womenwhoexplore.com/">https://womenwhoexplore.com/</a>
	<b>Women Who Hike</b>	To empower women through hiking and adventure culture.	<a href="http://www.womenwhohike.com">www.womenwhohike.com</a> IG: <a href="https://www.instagram.com/womenwhohike">@womenwhohike</a>