



WEEKLY DETOX SERIES

EMPTYING YOUR HIKING BAG

THIS WEEK WE TAKE A LOOK
IN YOUR BAG & BREAK
DOWN THE HIDDEN TOXINS
AND OFFER YOU SOME
HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

Protect yourself & the planet

YOUR HIKING PACK MIGHT BE LOADED WITH ADVENTURE ESSENTIALS – BUT IT COULD ALSO BE CARRYING A HIDDEN LOAD OF TOXIC CHEMICALS. FROM BUG SPRAYS AND SUNSCREEN TO SYNTHETIC FABRICS AND SINGLE-USE SNACK PACKAGING, MANY OUTDOOR PRODUCTS ARE FILLED WITH HARMFUL INGREDIENTS THAT AFFECT YOUR HEALTH AND POLLUTE THE ENVIRONMENT.

THIS TOXIC HIKING PACK AUDIT SPOTLIGHTS THE WORST OFFENDERS ON THE TRAIL AND OFFERS CLEANER, GREENER SWAPS TO PROTECT BOTH YOU AND THE PLANET.



BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU



The Biggest Offenders

& simple swaps to protect you and the planet



HIKING GEAR
WITH TOXIC
COATINGS



PFC-FREE
HIKING GEAR



SINGLE-USE
PLASTIC
BOTTLE



STAINLESS
STEEL WATER
BOTTLE



AEROSOL
SUNSCREEN



NON NANO,
MINERAL
SUNSCREEN



BUG SPRAY
WITH DEET



PLANT-
BASED BUG
REPELLENTS



SINGLE-
SERVING
SNACKS IN
PLASTIC



HOMEMADE
SNACKS
PACKED IN
RESUABLE
CONTAINERS



DISPOSABLE
WET WIPES



REUSABLE
CLOTHS &
WATER
BOTTLE



Let's Unpack

the hidden toxins



PLASTIC-WRAPPED TRAIL SNACKS

TOXINS: ARTIFICIAL DYES (RED 40, YELLOW 5), SYNTHETIC PRESERVATIVES (BHA/BHT), PLASTICIZERS FROM PACKAGING

- **HUMAN IMPACT:** LINKED TO HYPERACTIVITY, HORMONE DISRUPTION, AND INFLAMMATION
- **ENVIRONMENTAL IMPACT:** PLASTIC WRAPPERS ARE RARELY RECYCLED AND EASILY BECOME LITTER

SPRAY SUNSCREEN (AEROSOL)

TOXINS: BENZENE (A KNOWN CARCINOGEN), OXYBENZONE, OCTINOXATE

- **HUMAN IMPACT:** LINKED TO HORMONE DISRUPTION, REPRODUCTIVE HARM, AND INCREASED CANCER RISK THROUGH INHALATION
- **ENVIRONMENTAL IMPACT:** DAMAGES CORAL REEFS, HARMS MARINE LIFE, AND CONTRIBUTES TO AIR POLLUTION



Let's Unpack

the hidden toxins



HIKING GEAR WITH TOXIC COATINGS

TOXINS: PFAS (PER- AND POLYFLUOROALKYL SUBSTANCES / "FOREVER CHEMICALS"), PVC (POLYVINYL CHLORIDE), PHTHALATES, HEAVY METALS (LEAD, CADMIUM), AZO DYES, FORMALDEHYDE-BASED RESINS

- **HUMAN IMPACT:** CANCER RISK, HORMONE DISRUPTION, IMMUNE SYSTEM SUPPRESSION, RESPIRATORY IRRITATION, SKIN ALLERGIES, AND POTENTIAL REPRODUCTIVE HARM
- **ENVIRONMENTAL IMPACT:** LEACHES TOXIC CHEMICALS INTO SOIL AND WATERWAYS, BIOACCUMULATES IN WILDLIFE, CONTRIBUTES TO AIR AND WATER POLLUTION DURING MANUFACTURING AND DISPOSAL

BUG SPRAY WITH DEET

TOXINS: DEET (N,N-DIETHYL-META-TOLUAMIDE)

- **HUMAN IMPACT:** LINKED TO SKIN IRRITATION, HEADACHES, NEUROLOGICAL EFFECTS IN HIGH DOSES
- **ENVIRONMENTAL IMPACT:** TOXIC TO AQUATIC LIFE; RUNOFF CAN DAMAGE FRESHWATER ECOSYSTEMS

PLASTIC WATER BOTTLES

TOXINS: BPA, BPS, PHTHALATES, MICROPLASTICS

- **HUMAN IMPACT:** ENDOCRINE DISRUPTION, LINKS TO CANCER, DEVELOPMENTAL ISSUES IN CHILDREN
- **ENVIRONMENTAL IMPACT:** MAJOR CONTRIBUTOR TO PLASTIC POLLUTION; MICROPLASTICS LEACH INTO SOIL AND WATER

DISPOSABLE WET WIPES

TOXINS: SYNTHETIC FRAGRANCE, PARABENS, PHENOXYETHANOL, PLASTIC FIBERS

- **HUMAN IMPACT:** SKIN IRRITATION, ALLERGIC REACTIONS, POTENTIAL ENDOCRINE DISRUPTION
- **ENVIRONMENTAL IMPACT:** DO NOT BIODEGRADE; CLOG WATERWAYS AND POLLUTE TRAILS AND OCEANS

Rerepack to protect: *Essentials That Honor Your Health & the Planet*



HIKING BAG & GEAR

BACKPACKS MADE WITH RECYCLED POLYESTER (RPET) OR RECYCLED NYLON, FINISHED WITH PFC-FREE DURABLE WATER REPELLENTS, LOW-IMPACT OR UNDYED MATERIALS, AND BLUESIGN® OR OEKO-TEX® CERTIFICATIONS

BUG SPRAY

PLANT-BASED REPELLENTS WITH OIL OF LEMON EUCALYPTUS, PICARIDIN, OR CEDARWOOD OIL

WATERBOTTLE

REFILLABLE STAINLESS STEEL OR BPA-FREE REUSABLE WATER BOTTLES

CHOOSE INSULATED OPTIONS TO KEEP DRINKS COLD ALL DAY WITHOUT LEACHING CHEMICALS

WET WIPES

BIODEGRADABLE, UNSCENTED WIPES OR REUSABLE CLOTH WIPES WITH A WATER BOTTLE RINSE.

SUNSCREEN

MINERAL SUNSCREEN WITH NON-NANO ZINC OXIDE OR TITANIUM DIOXIDE IN LOTION FORM

SNACKS

HOMEMADE SNACKS OR ZERO-WASTE PACKAGED FOODS IN SILICONE BAGS OR BEESWAX WRAPS