

IN MY PACK



**(ENERGY BAR)**  
Imagine getting your daily quota of fruits and veggies in a bar that tastes like dark chocolate and raspberries, with only a hint of greens. That's the new ProBar Superfood Slam, which was a big hit on my recent Mt. Whitney climb. \$3.29; theprobar.com

**(SNACK)**  
If you crossed a Slim Jim with a dry-cured deli sausage, then took out the chemicals and antibiotics, you'd get Applegate Farms's Joy Stick, a 1-ounce, all-natural pork snack. If you like pepperoni with a spicy kick, you gotta try it. \$25 per box of 20; thejoystick.com



**(DINNER)**  
Backpackers want their meals light, filling, easy to prepare, and full of flavor. Which is why I love the lineup at Enertia Trail Foods of Kettering, OH, a company that makes energy-packed cook-in-a-pouch (or pot) delicacies. A favorite



dish: the zesty Moosilauke Goulash. Yum. \$4; trailfoods.com

**(WINE)**  
The perfect complement for most trail meals is a box of French rabbit. That's right, no worries about broken (or heavy) glass, and the flavor of the pinot, cab, chardonnay, and merlot stays remarkably crisp. About \$10; frenchrabbit.com



# Next-Generation Thinking

## 3 WAYS WE CAN FIGHT NATURE-DEFICIT DISORDER

**WITH ALL DUE RESPECT, HILLARY**, it takes a river to raise a child. And some mountains and lakes and lots of streams to explore and stones to skip and a few big old hollow stumps to turn into imaginary hideouts. A village is essential, but raising a kid without a forest is like sucking the Vitamin D out of his milk.

You already knew that, of course. The statistics may be more alarming than you thought—in “Wilderness Kids” (page 86), Tom Clynes notes the huge spike in childhood obesity and attention disorders as outdoor play-time has shrunk—but the cause is no surprise. As a backpacker, you intuitively appreciate the vital role of quality outdoor time in breeding curious, confident kids.



So we see the problem, but are we doing enough about it? Not by a long shot, yet there are reasons to be hopeful. One is the rise of small guiding outfits that provide teenagers with intense wilderness experiences. Kroka Expeditions of Vermont, the focus of Clynes's story, leads ambitious six-month journeys in Vermont's Green Mountains. The kids learn to forage, build canoes, and survive harsh winter conditions. This

extended immersion, Clynes discovered, is transforming Kroka's students from computer zombies into strong, self-reliant young leaders.

Another good sign is an initiative launched last year by the state of Connecticut. Cleverly titled No Child Left Inside, the program's signature event is the Great Park Pursuit, a contest in which families earn points by participating in outdoor activities and collecting clues in the state's 157 parks and forests. It's one part scavenger hunt and one part educational adventure; at press time, more than 3,000 people have signed up. (For more info, see [nochildleftinside.org](http://nochildleftinside.org).)

So what can you do? I'm not much for writing letters to politicians, but in this case, how about an email to the junior senator from New York and her fellow presidential candidates? Tell them to put No Child Left Inside on their campaign platforms. Tell them it belongs in every state. And tell them it takes more than a village—it takes a forest, too.

Jonathan Dorn  
Editor-in-Chief

PHOTOS BY THOMAS MACDONALD (4), MICHAEL LANZA (RIGHT)