

Paddle On!

Lessons Learned Down the Mississippi

Alyssum Pohl



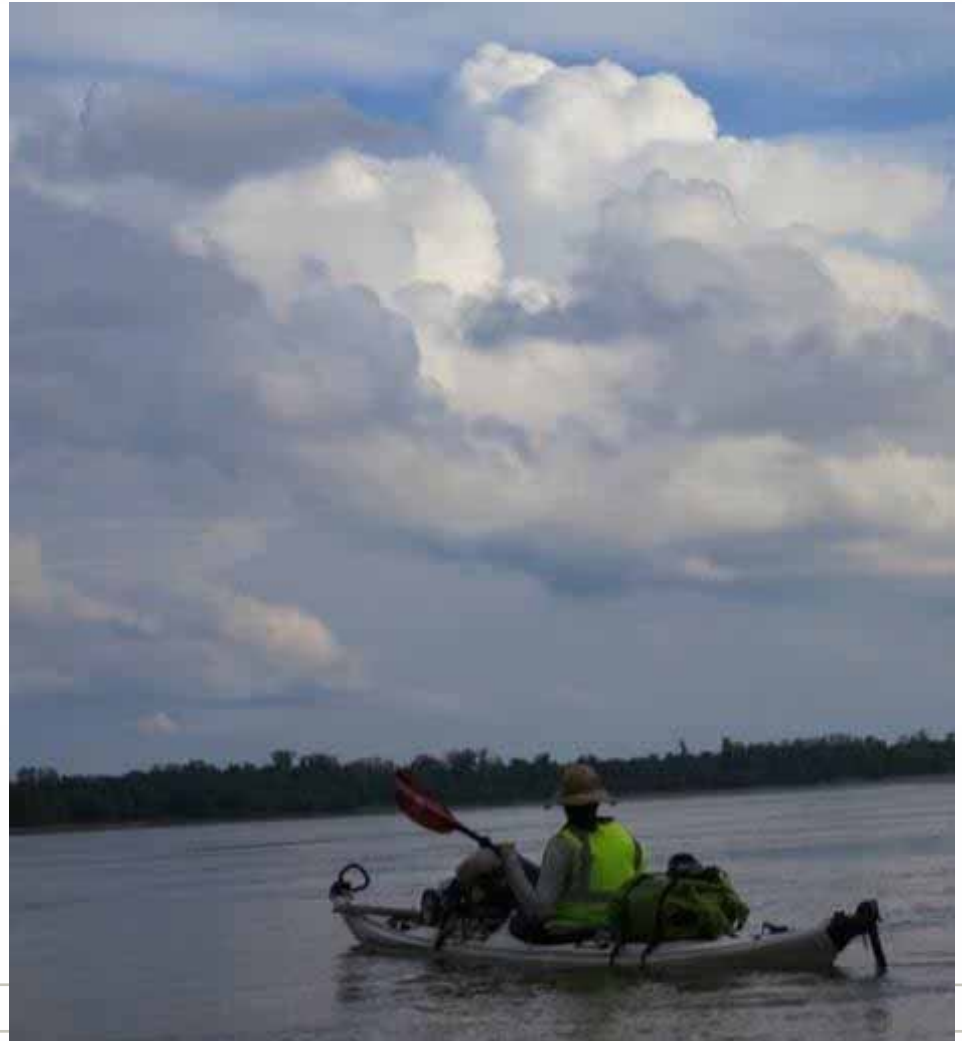
Overview

- What I did
- Why I did it
- LESSONS LEARNED
- What you can do



What I did

- 2nd female to solo kayak the entire Mississippi river



What I did

- Document plastic waste & water quality
 - Qualitative:
 - video, pictures, blog about experience & plastic



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 - Quantitative:
 - Microplastics collection every 100 miles



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What I did

- Document plastic waste & water quality
 - Qualitative:
 - video, pictures, blog about experience & plastic
 - Quantitative:
 - Microplastics collection every 100 miles
 - Water quality measurements taken every ~12 miles



Why I did it

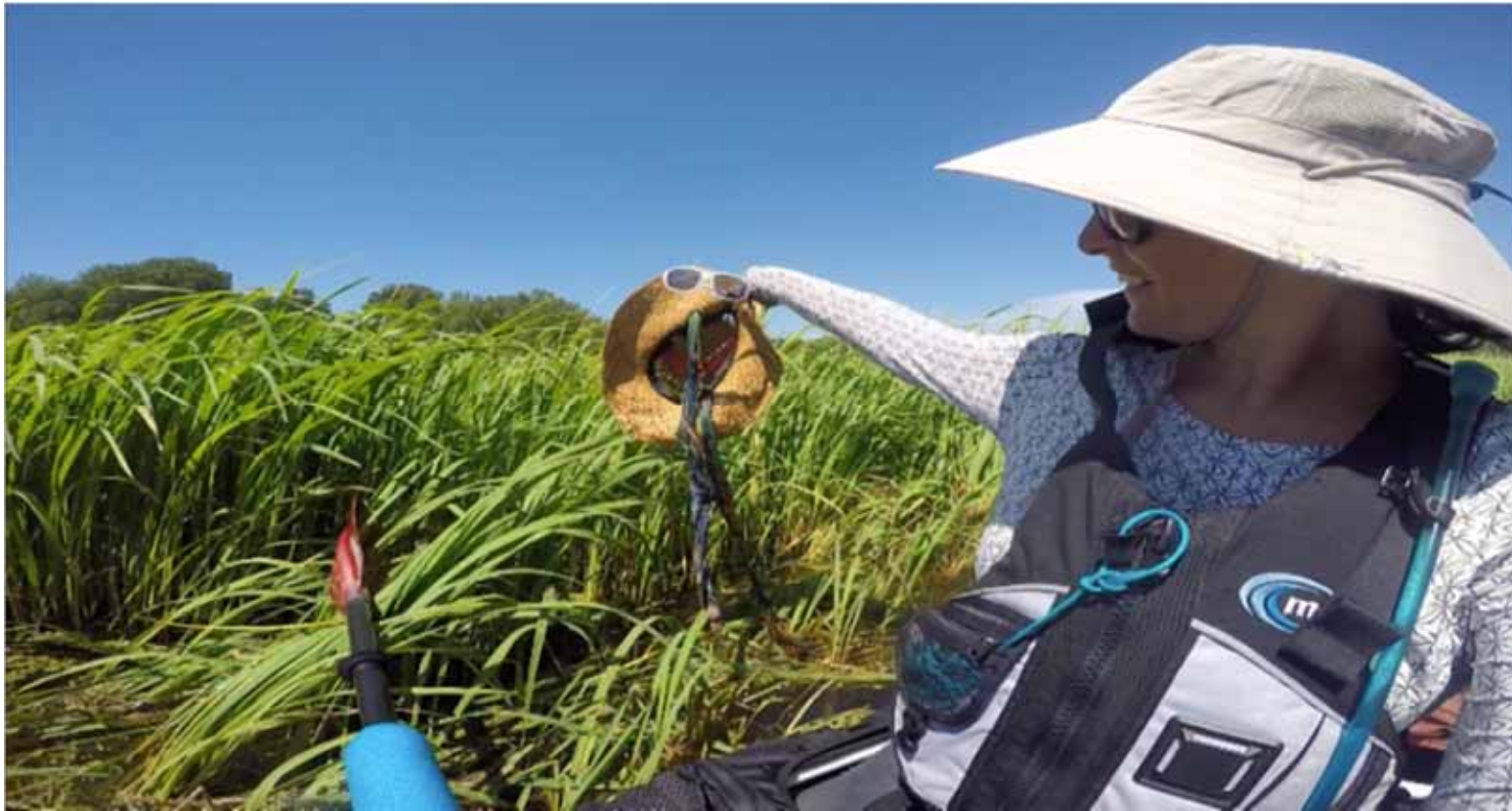
- Inspire others to care about our oceans
- Unemployed but capable
- Low hanging fruit
- Needed some quality wilderness time



“You’re gonna need a floppy hat”



“You’re gonna need a floppy hat”



“You’re gonna need a floppy hat”





Lessons Learned

- Preparation is important (but not everything)
- Amazing people
- The river takes
- Data tells a story
- Practice is cool
- Being outside is never boring
- Satisfaction

1. Preparation is Important (but not everything)

- Food
- Equipment
- ATTITUDE:
 - fortitude
 - stay focused on big picture
- PEOPLE TO LEAN ON

Food



Food



Food



Equipment



Equipment



Equipment: Packing by number



Equipment: Packing method



Equipment









2. Amazing People

- River Rats
- River Angels
- Fellow Adventurers
- Fellow Environmentalists
- Sponsors



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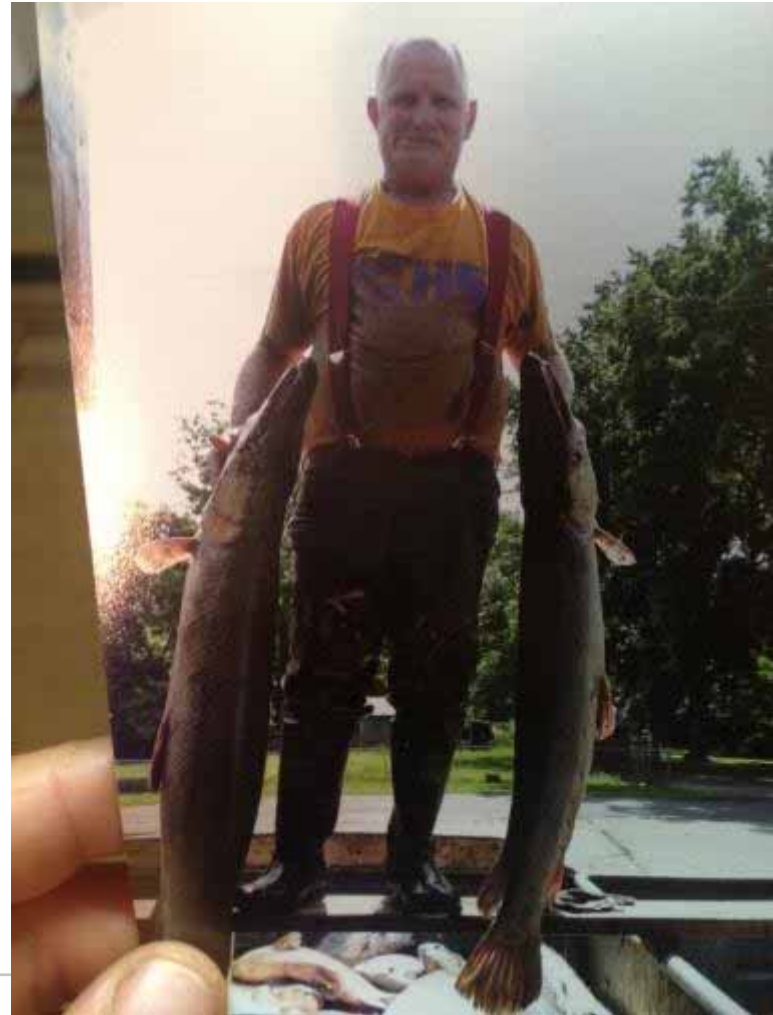
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3. The River Takes (AKA Human Error)

- GPS unit
- Camera
- 2 phones
- A whole bunch of food
- Leanne's kayak

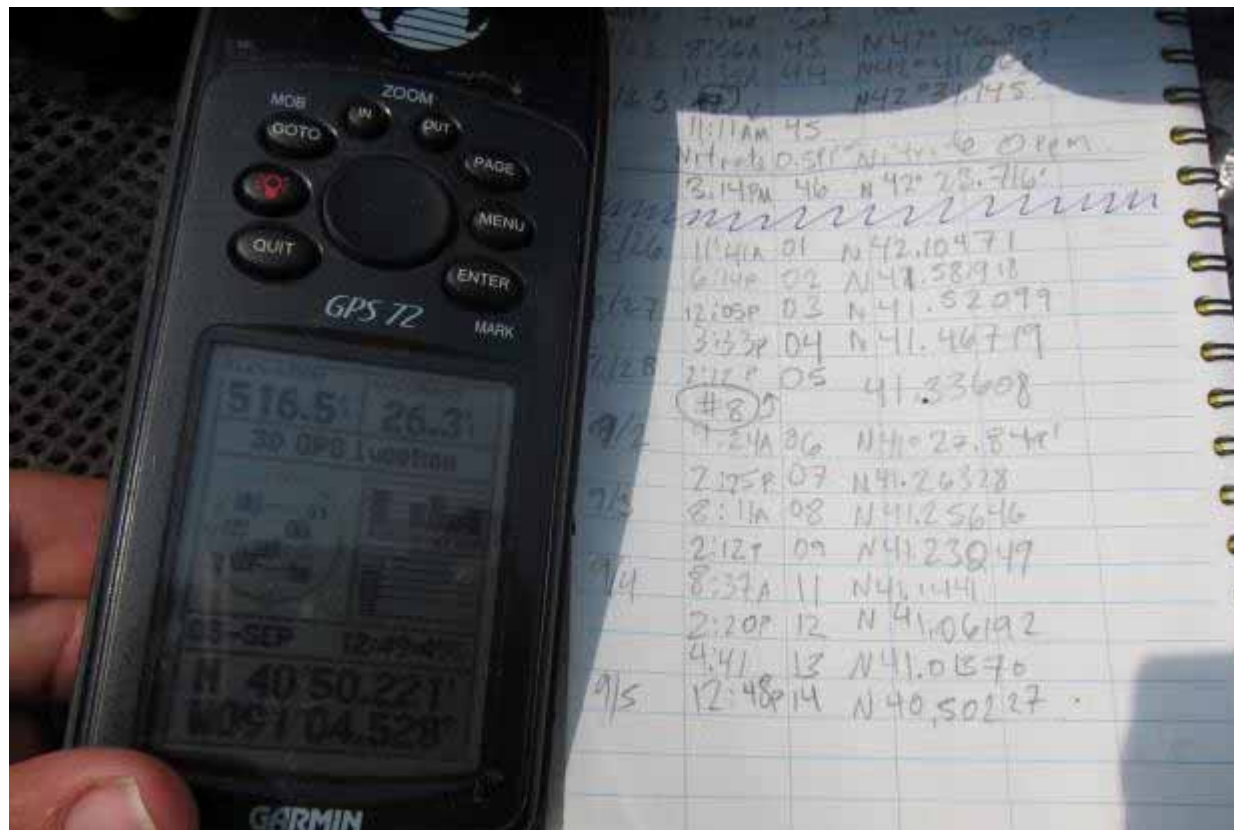
Tie up your kayak



4. Data Tells A Story



4. Data Tells A Story



4. Data Tells A Story

















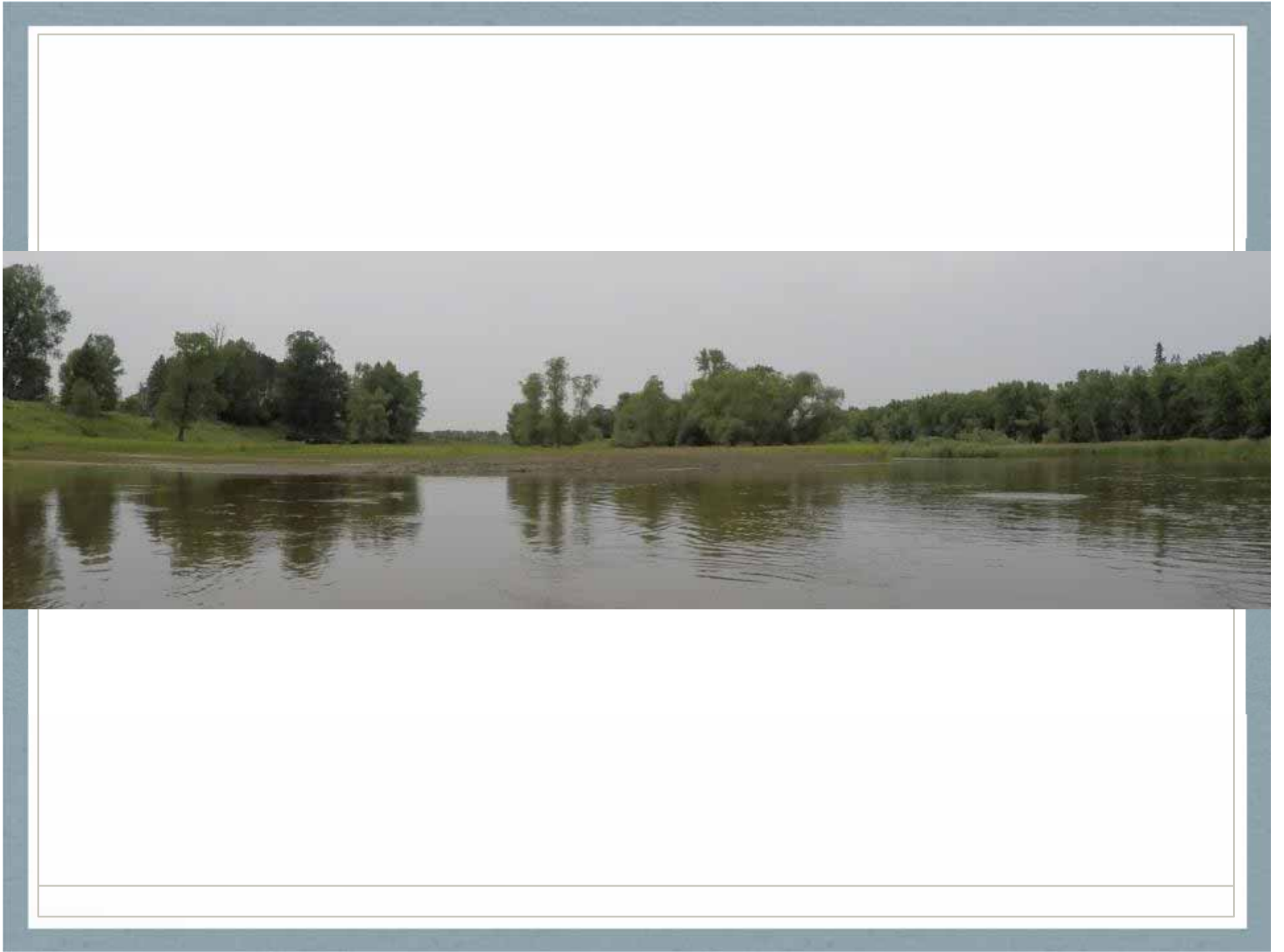








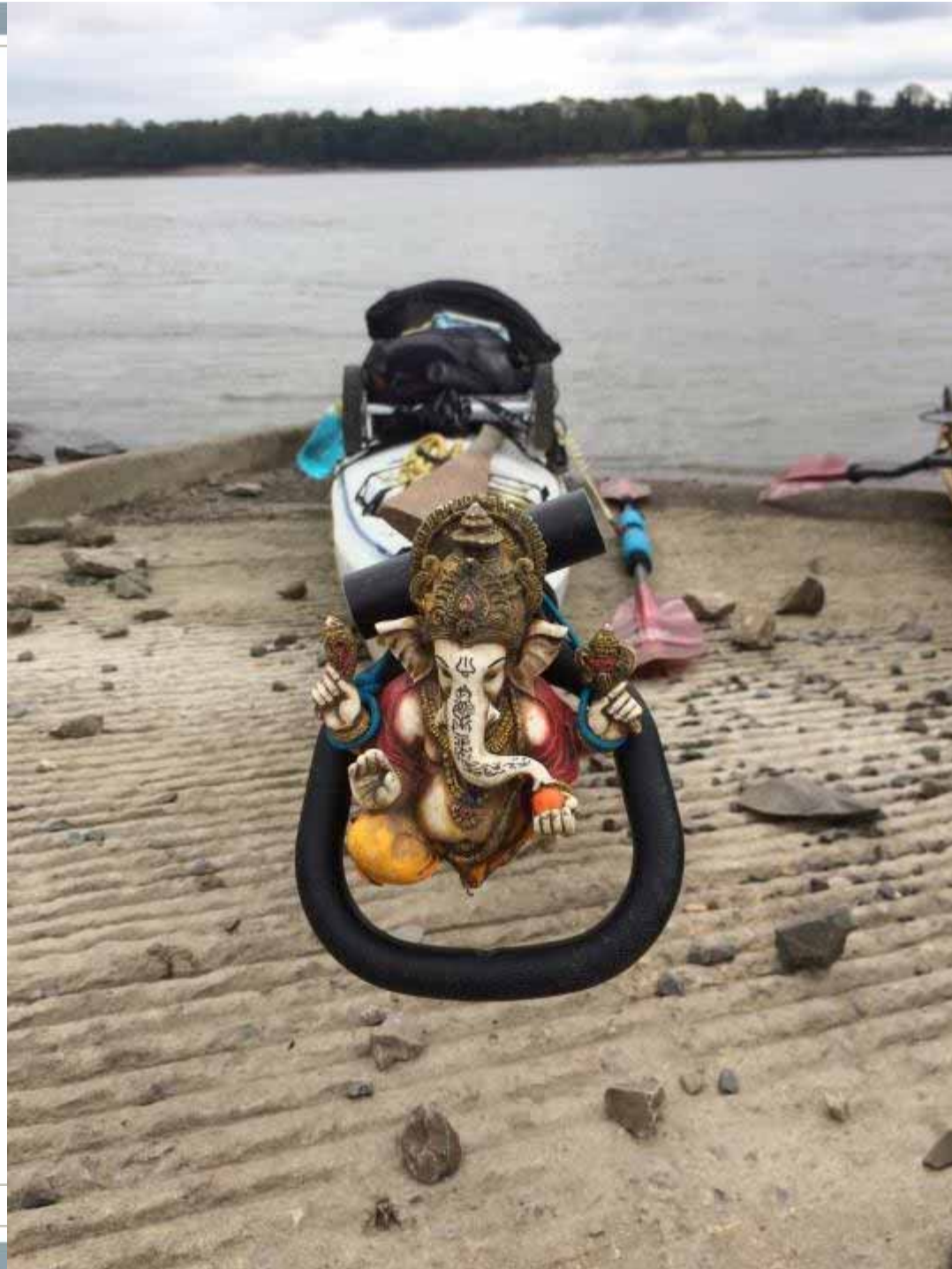


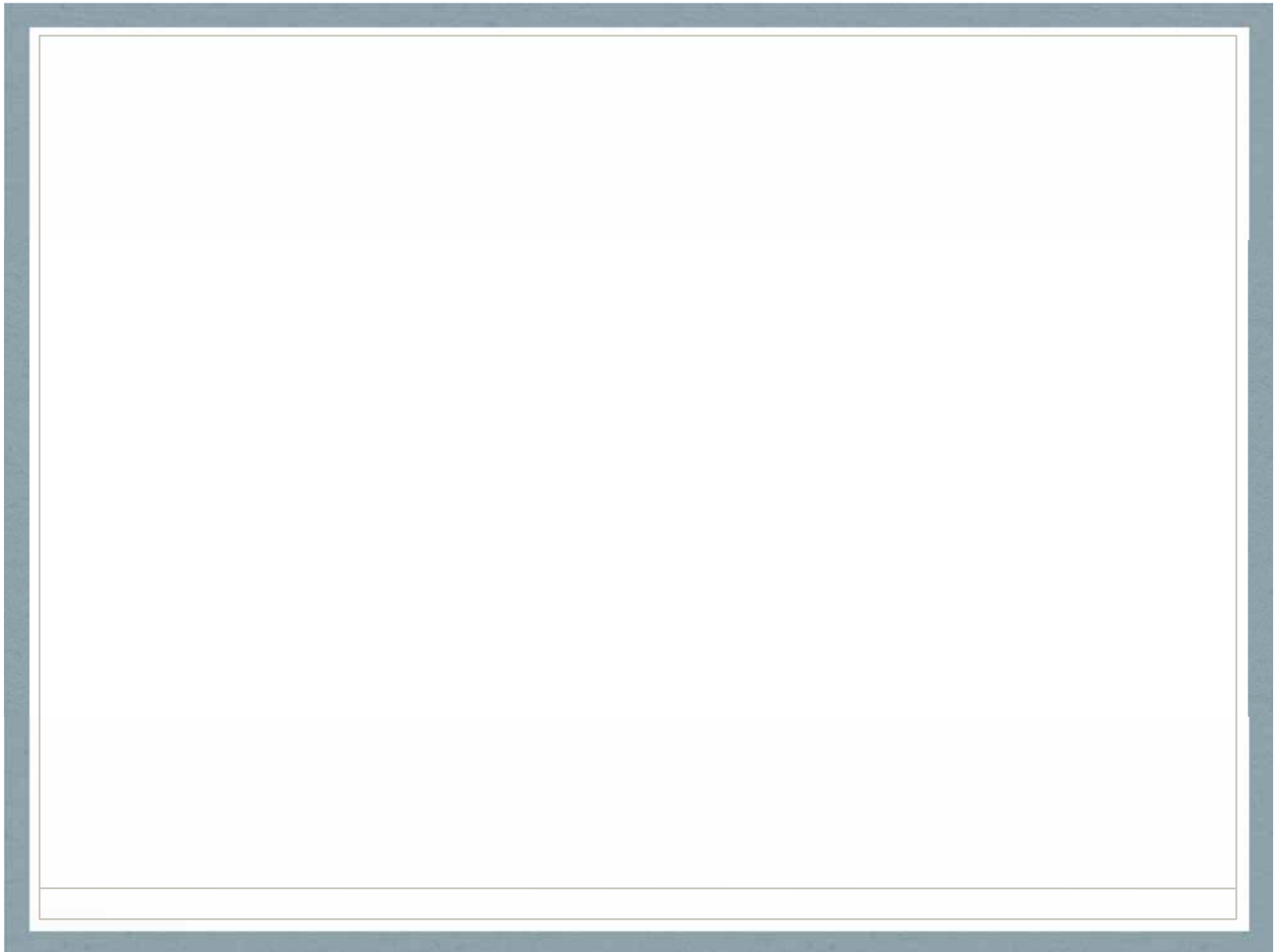


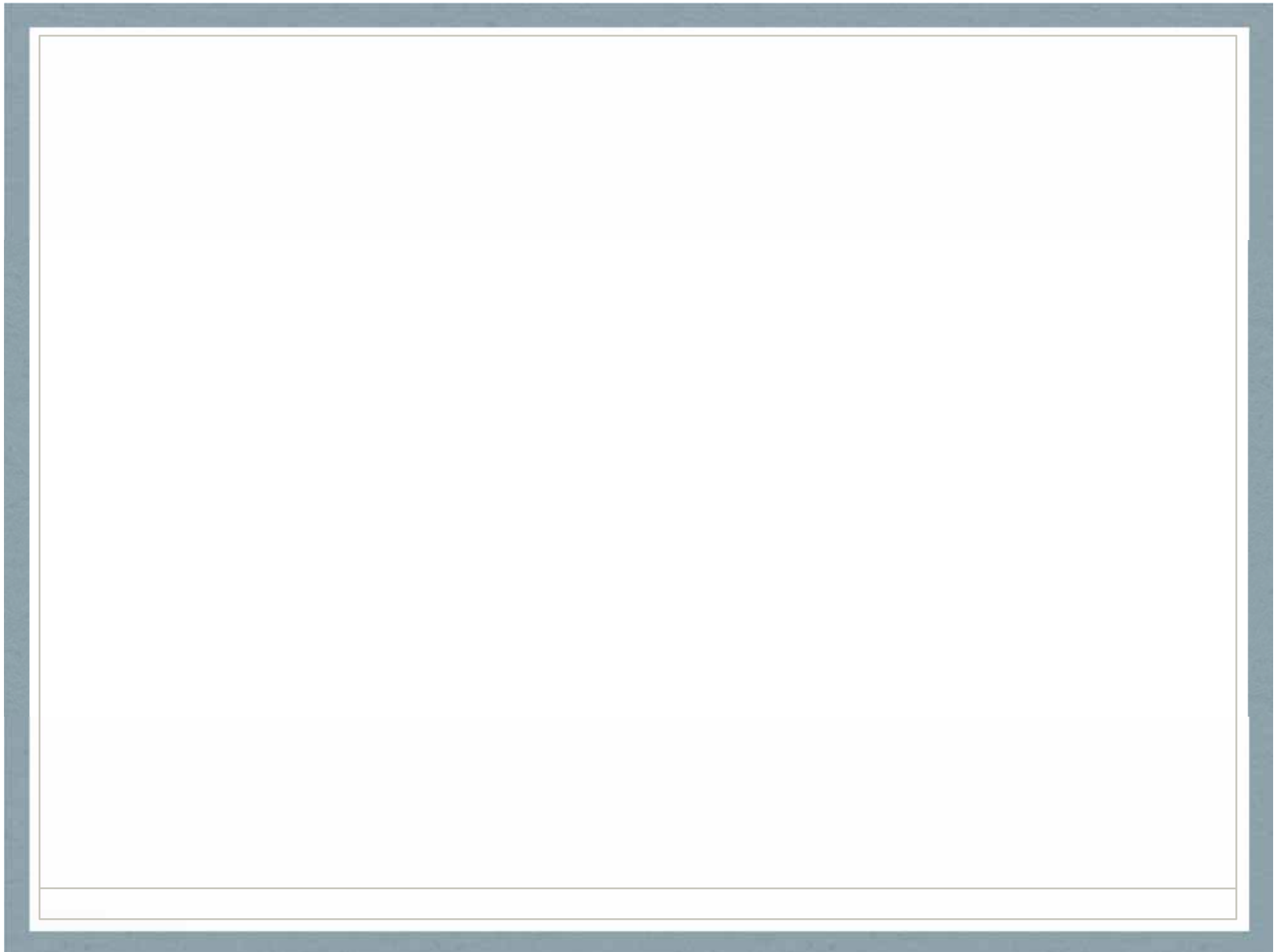










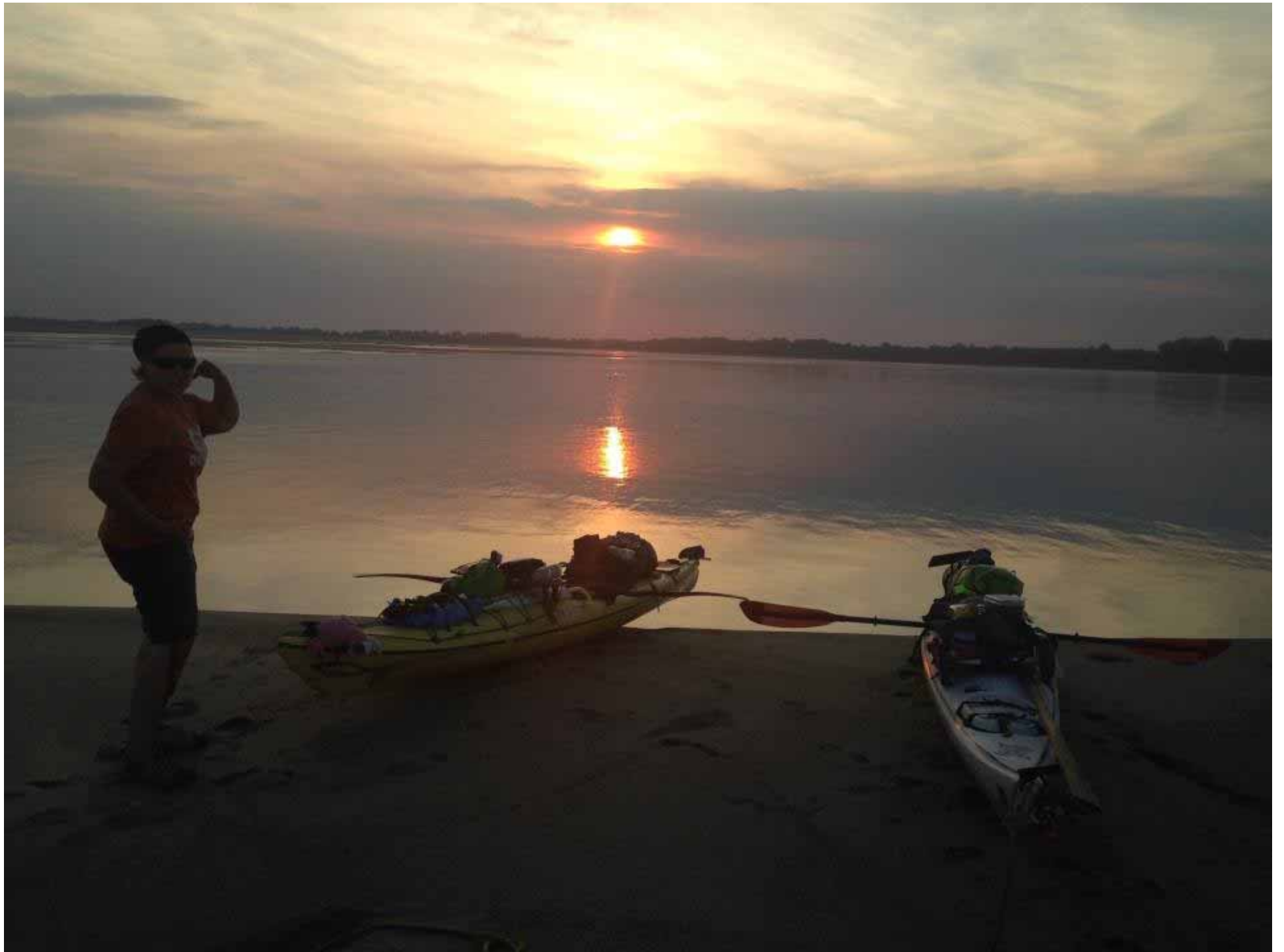


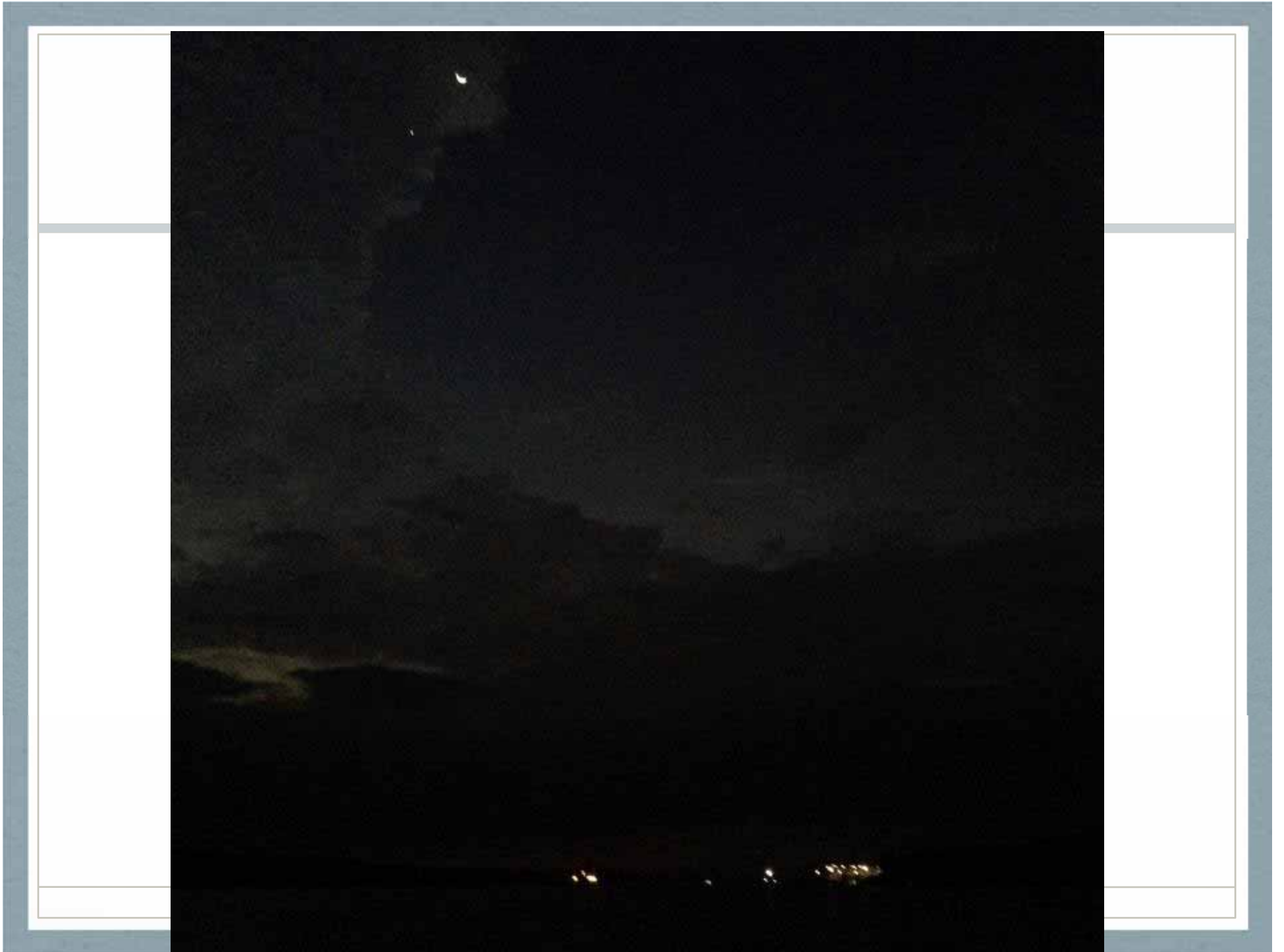
5. Practice is Cool

- Practice becomes firmly grounded when practiced for a long time, without interruption, and with earnest devotion.
- I got good at kayaking!
- Data collection got easier



















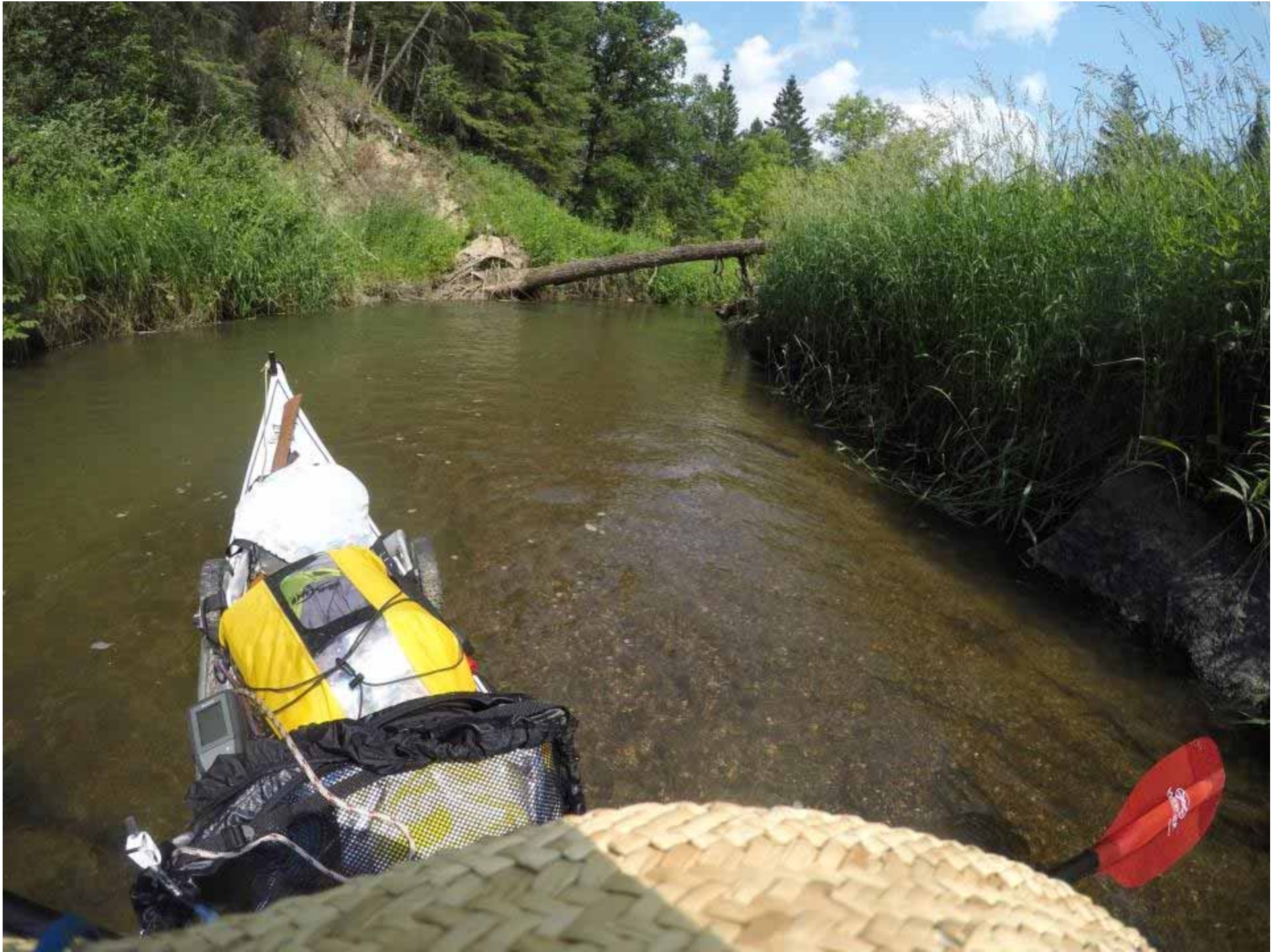
6. Being Outside is Never Boring



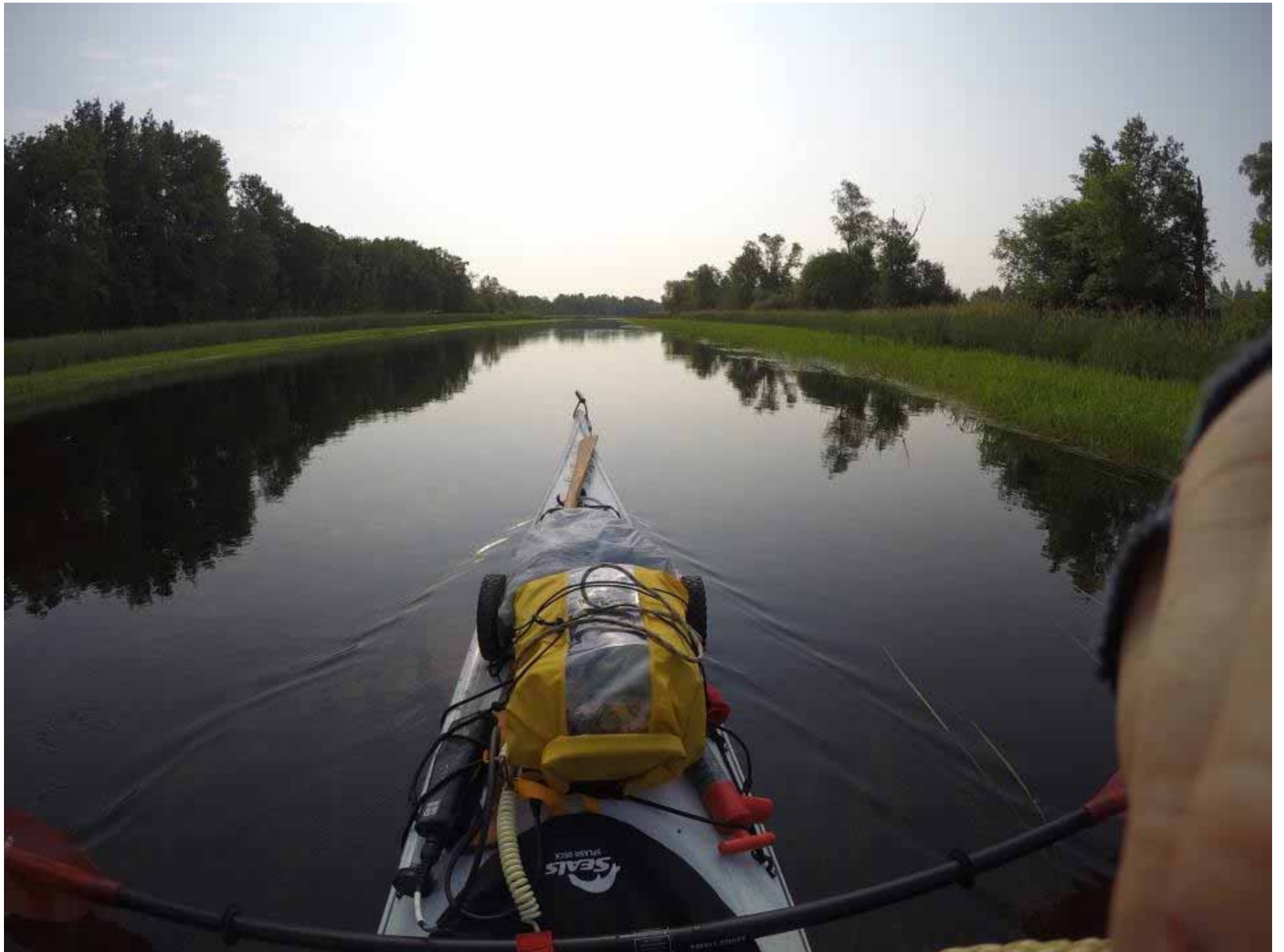




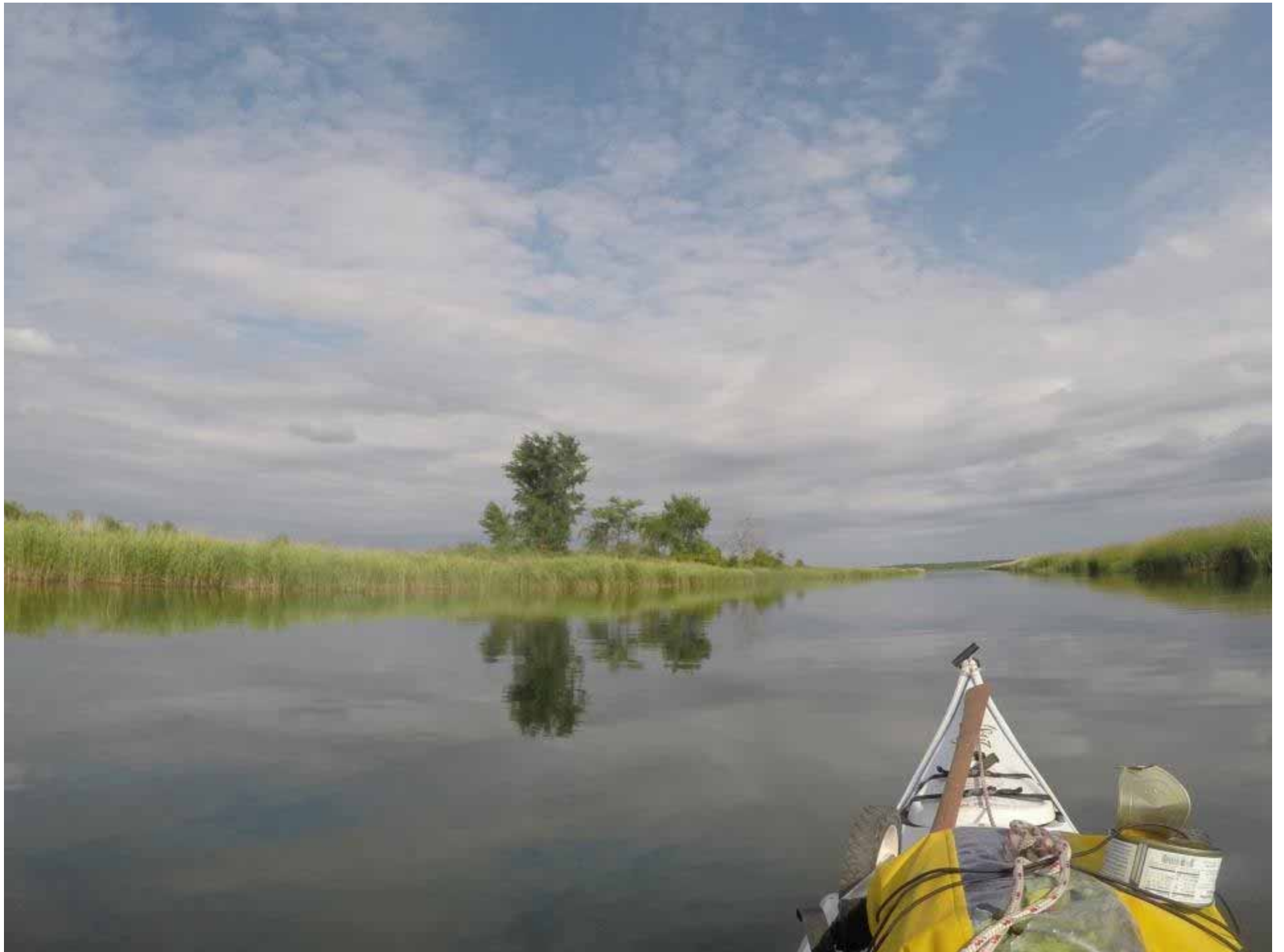






































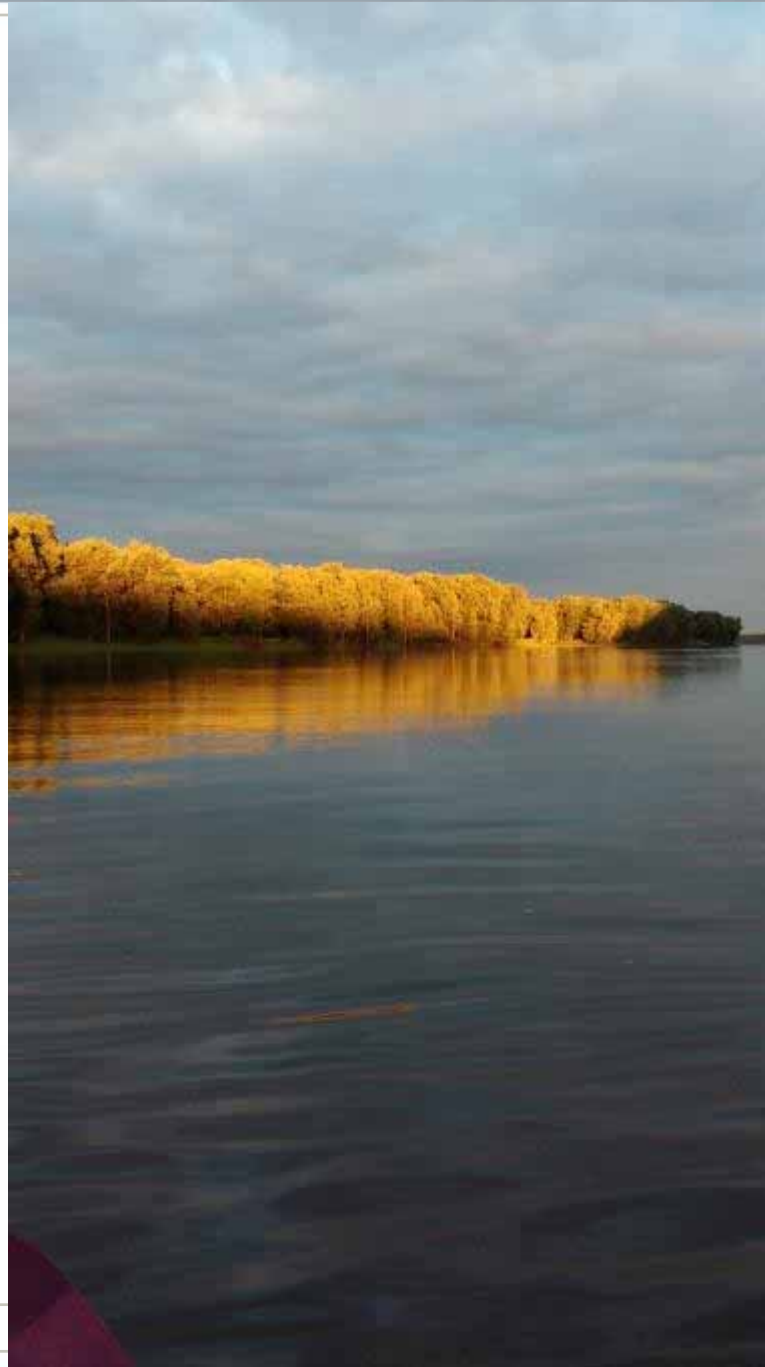
























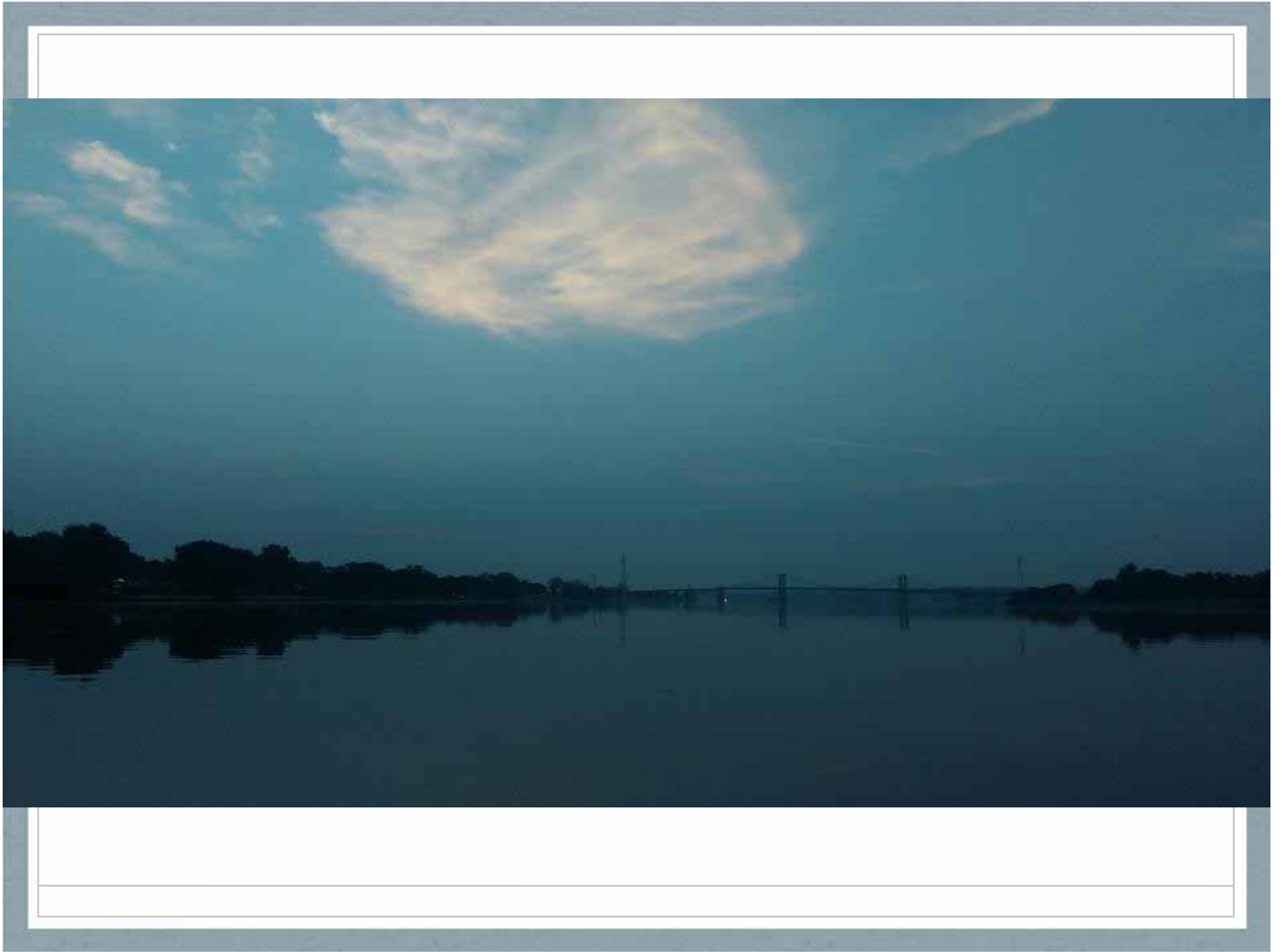






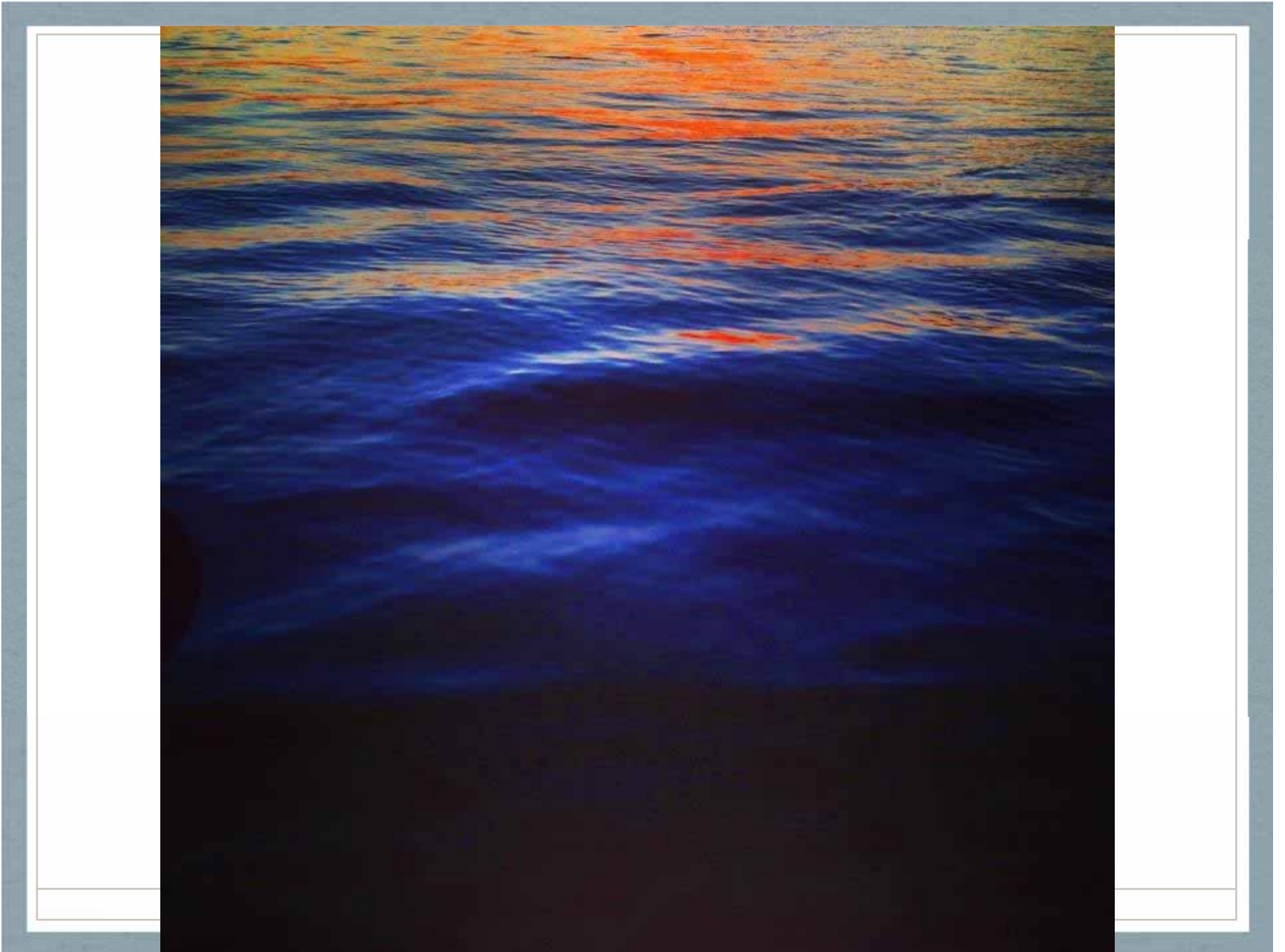




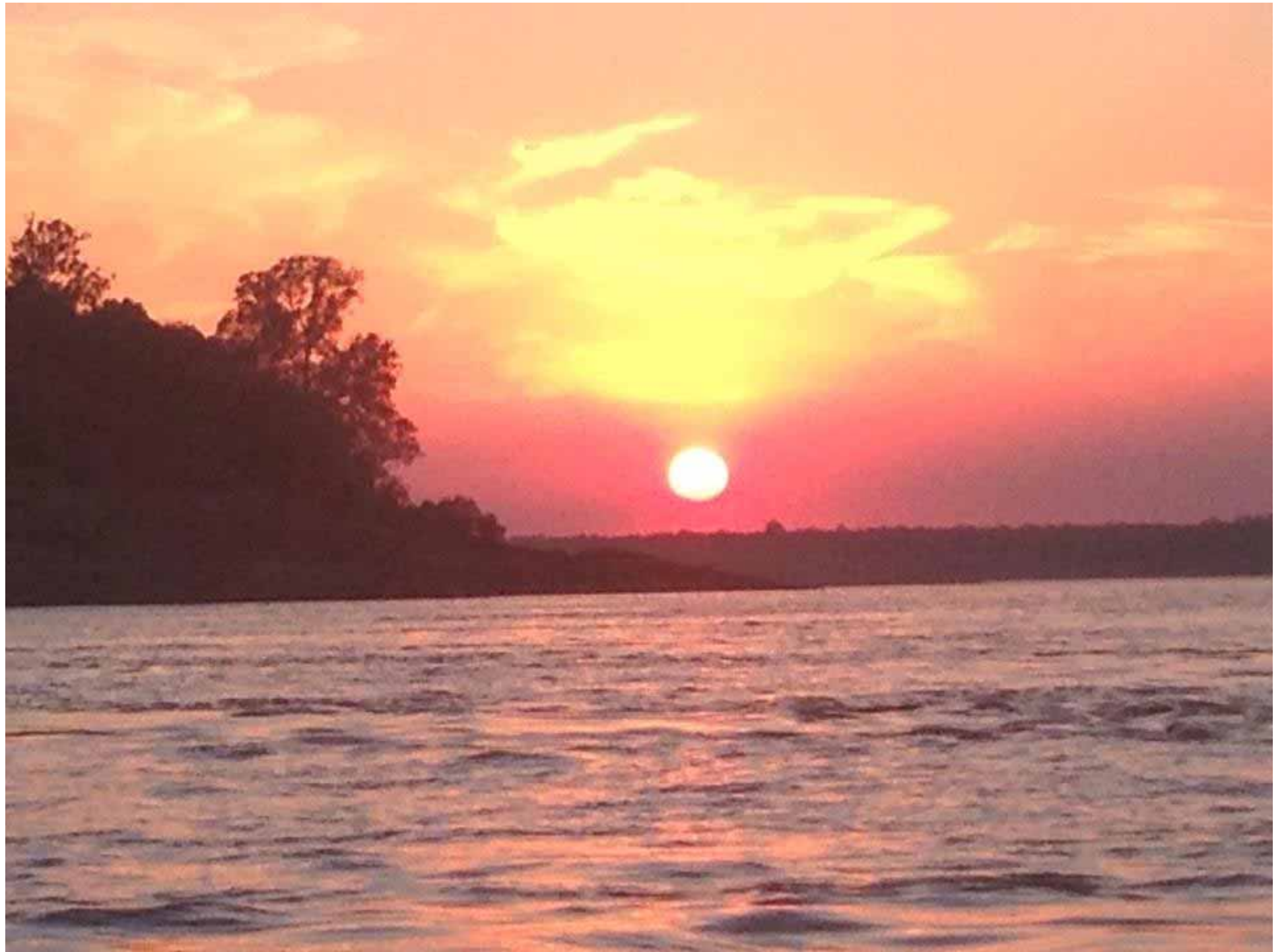


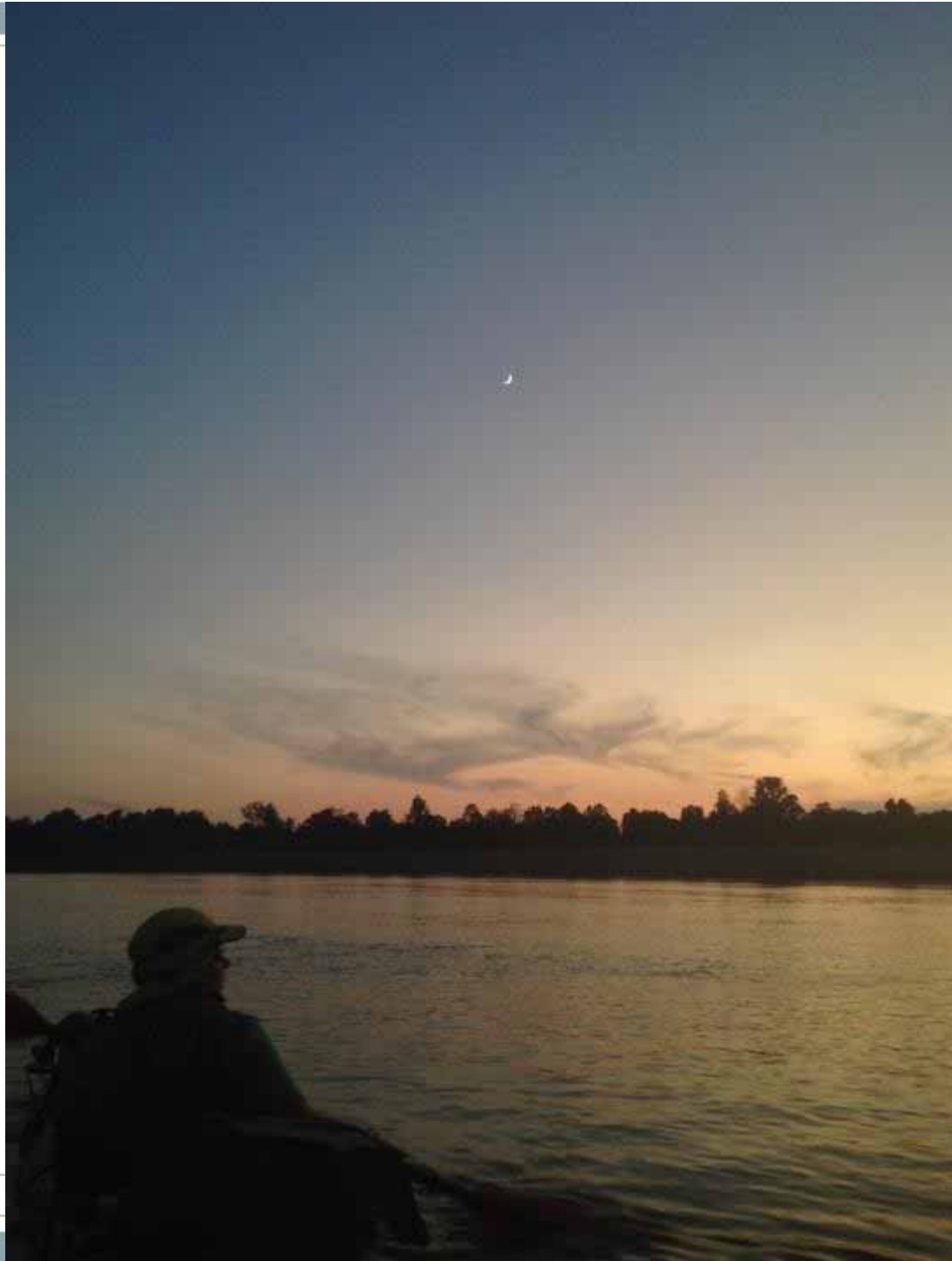












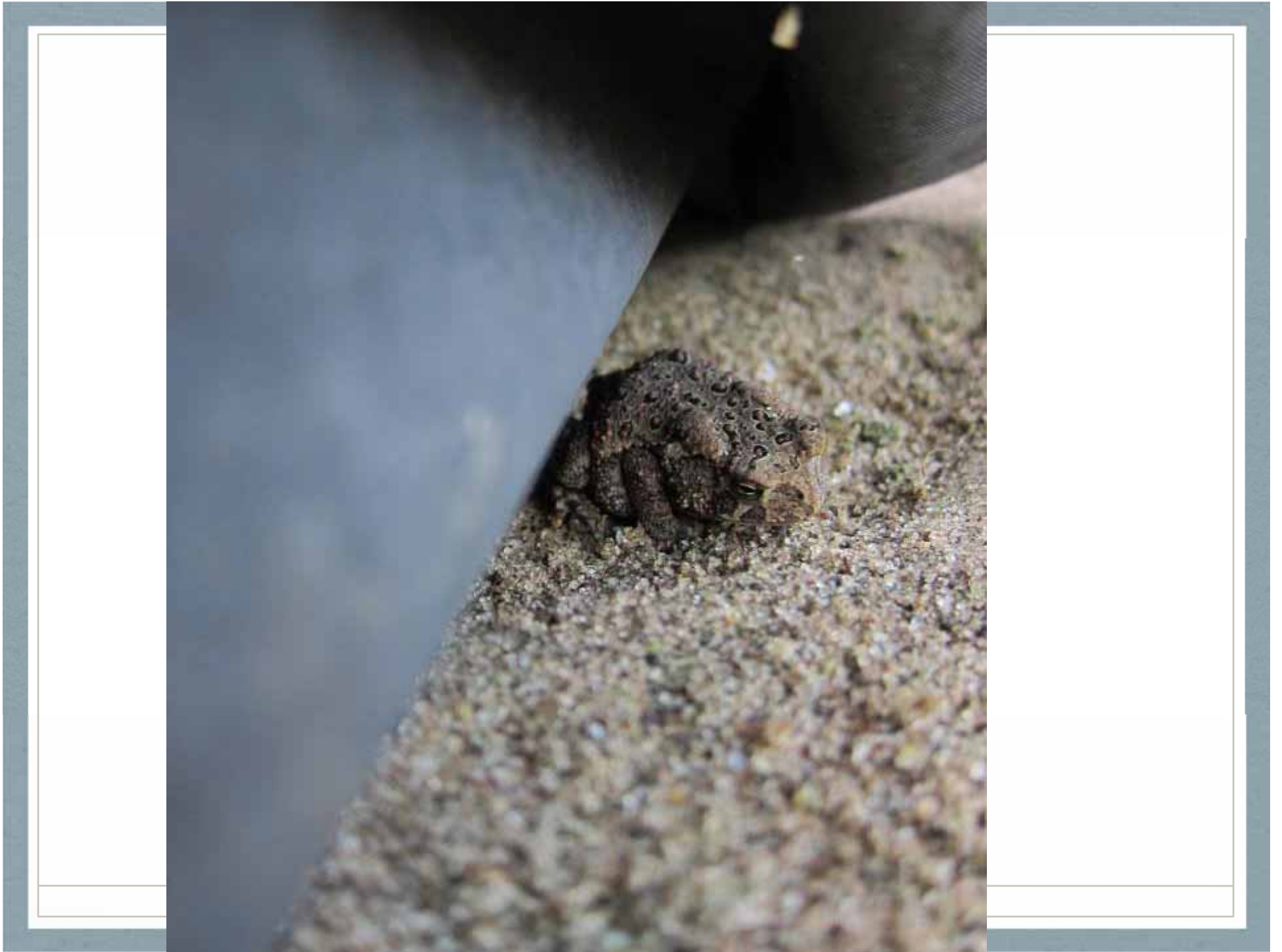






















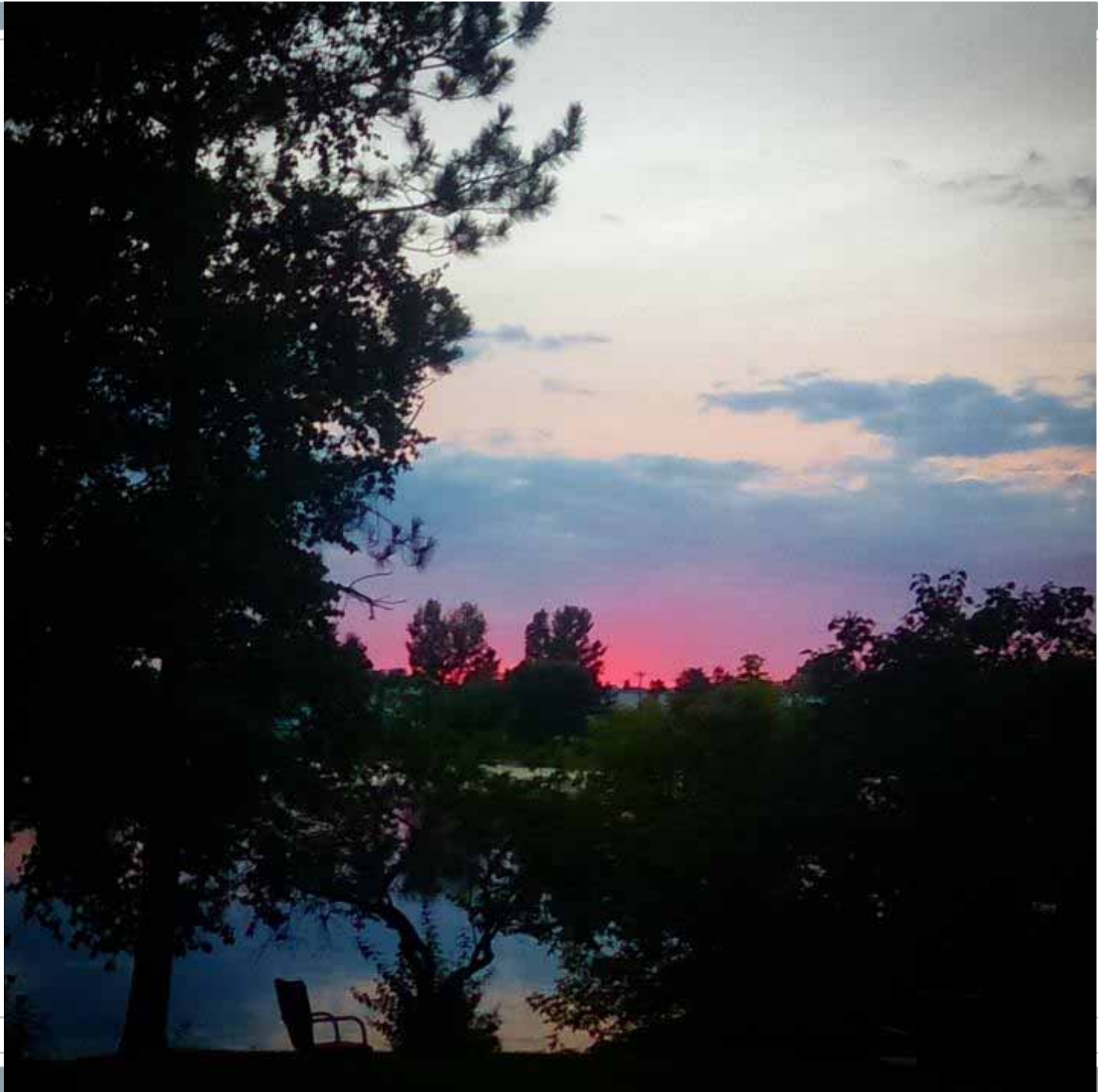






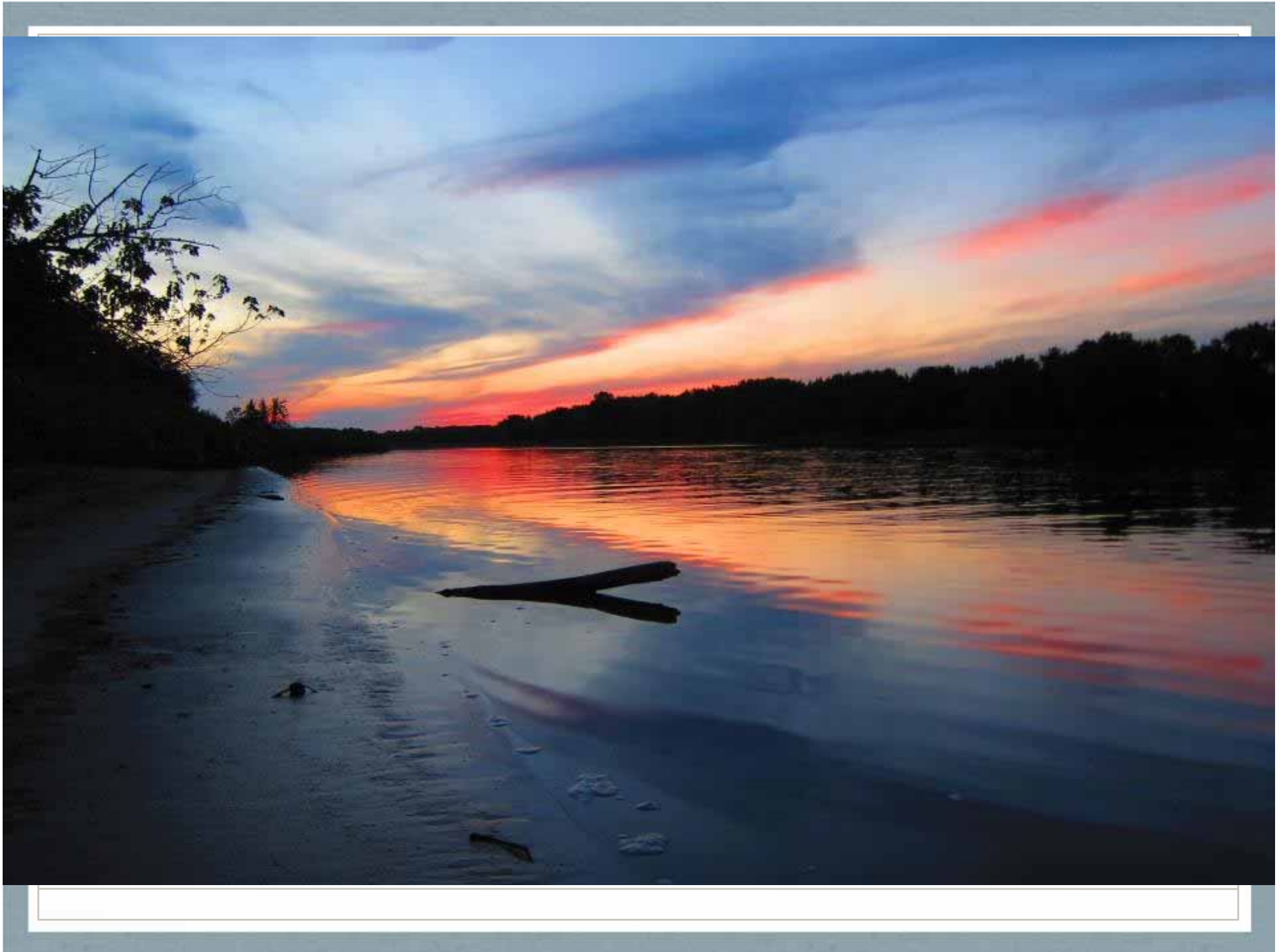


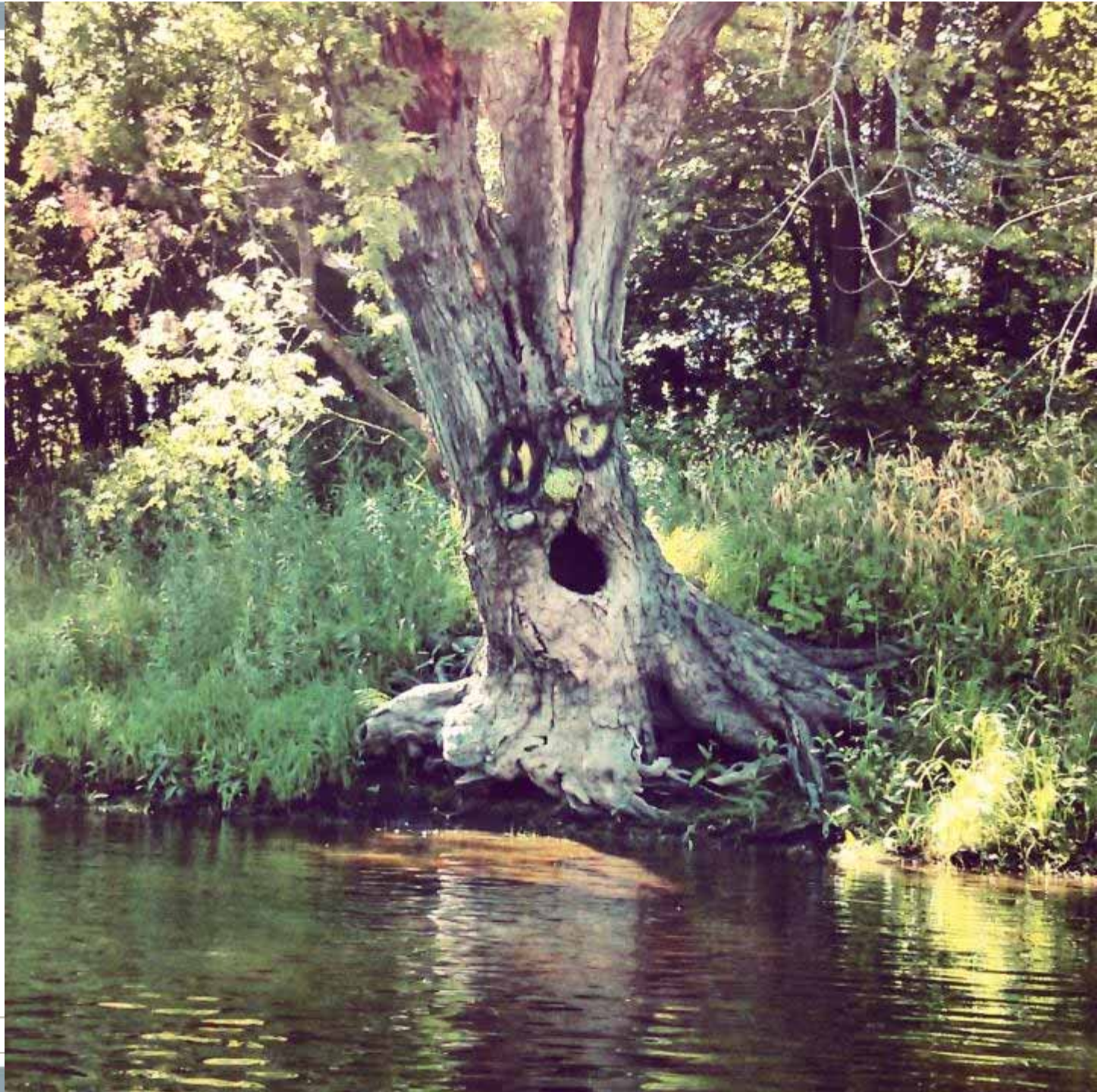




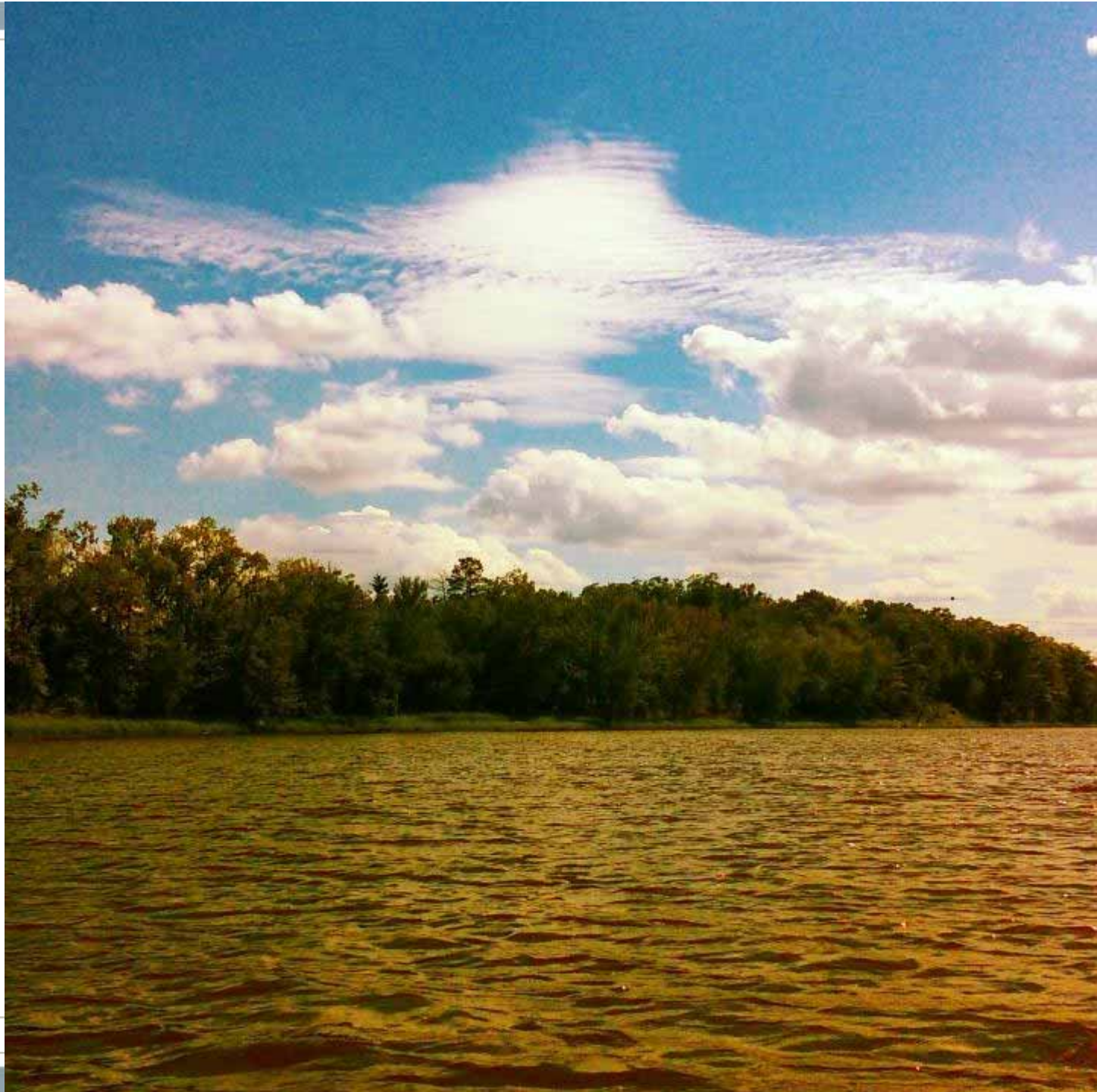


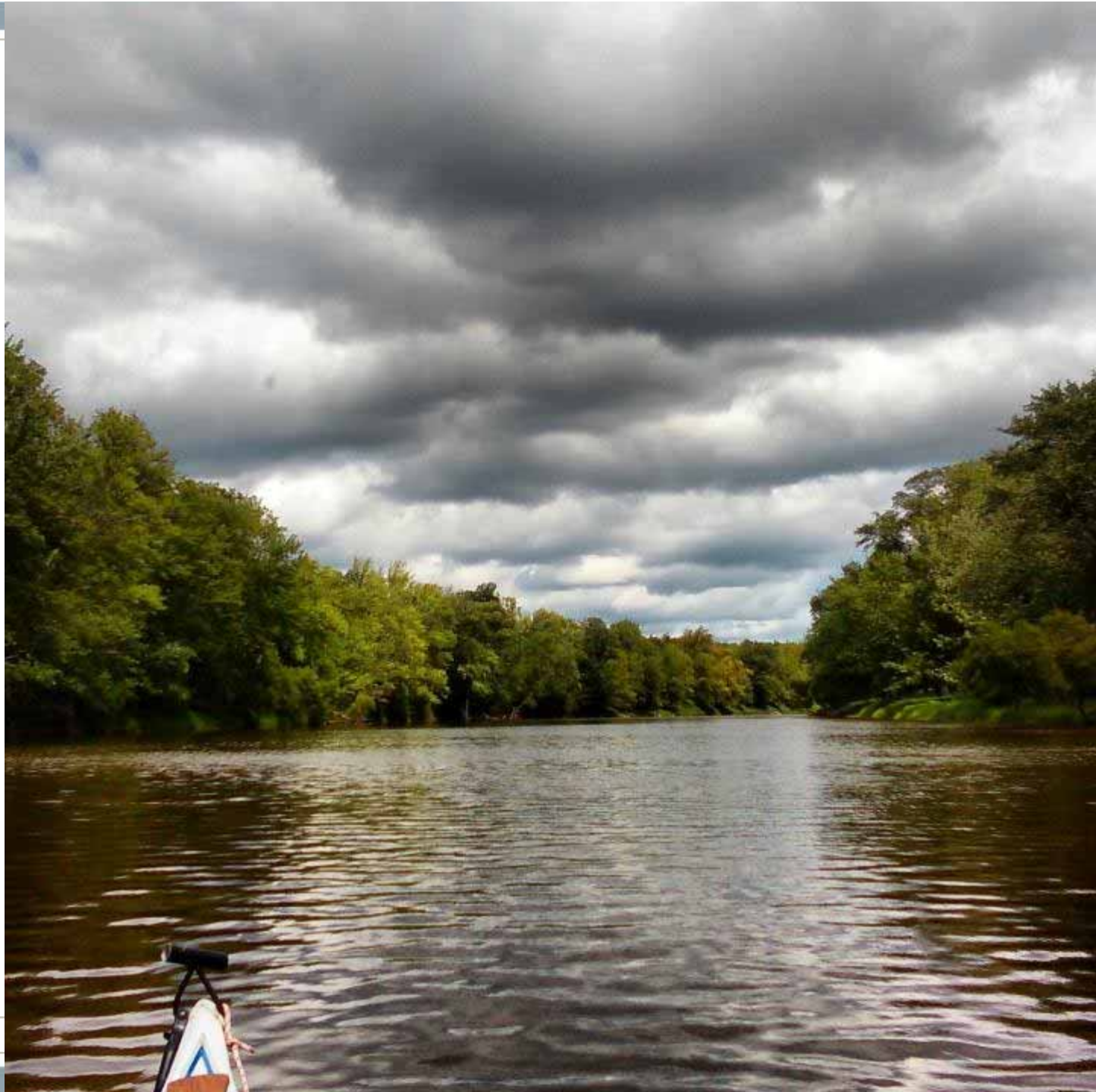
























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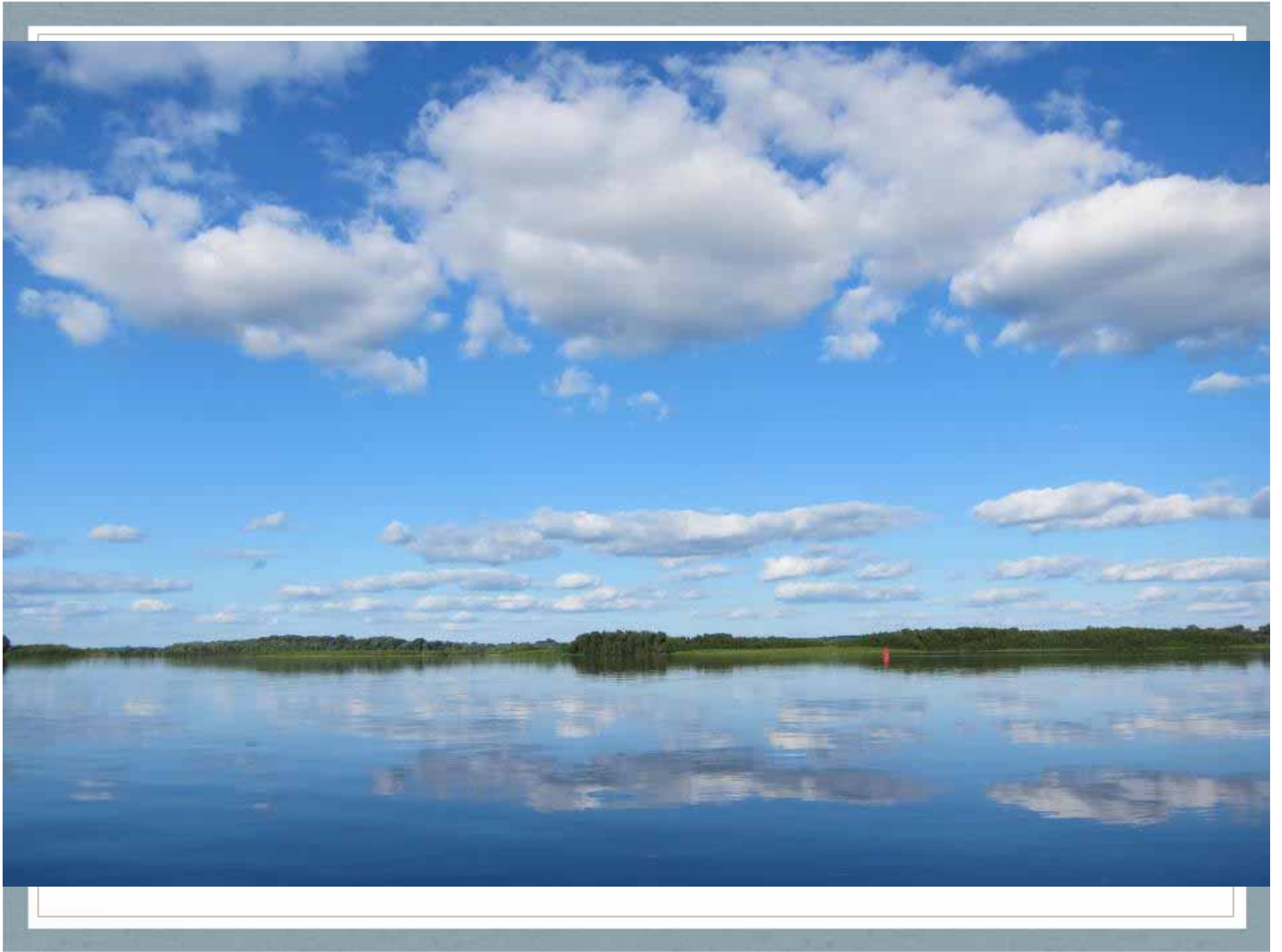






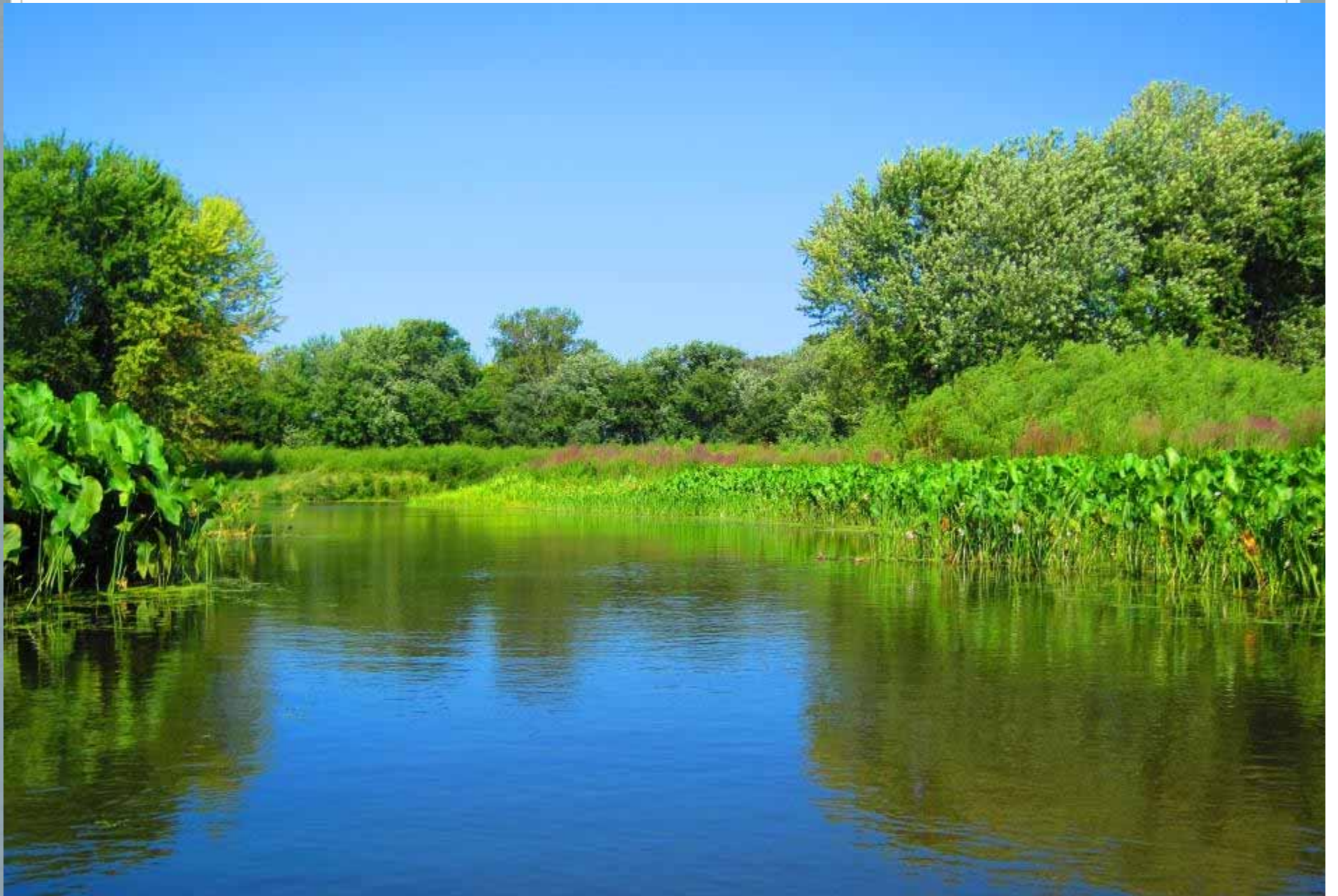




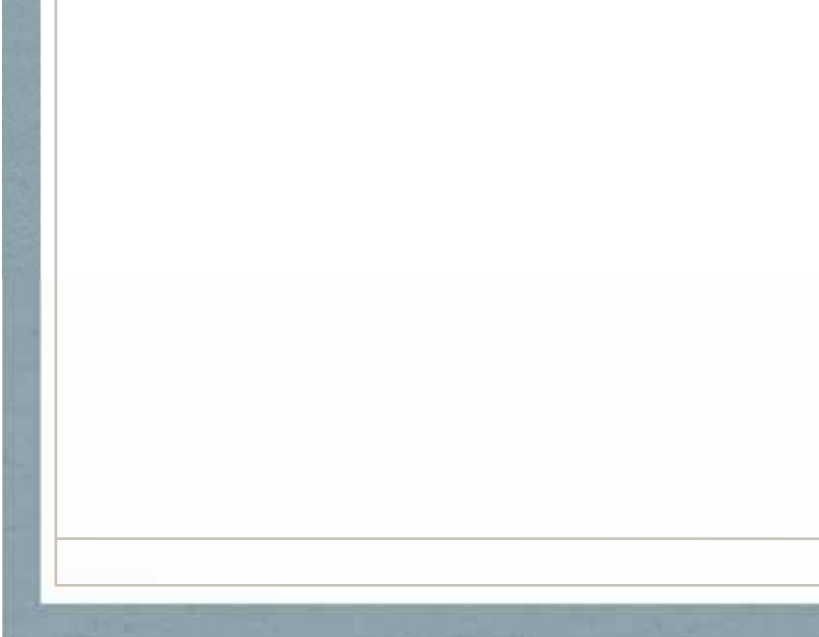
























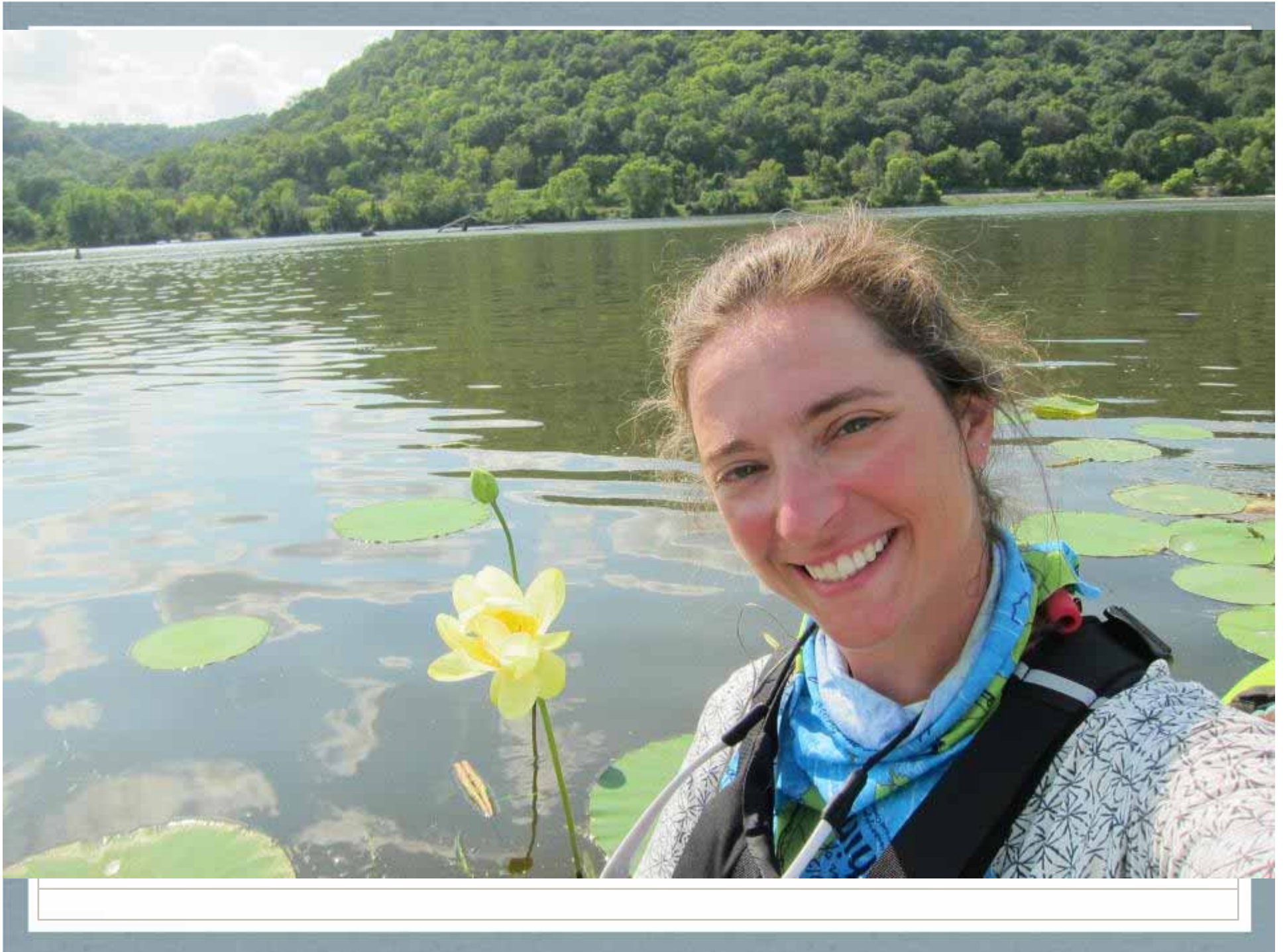












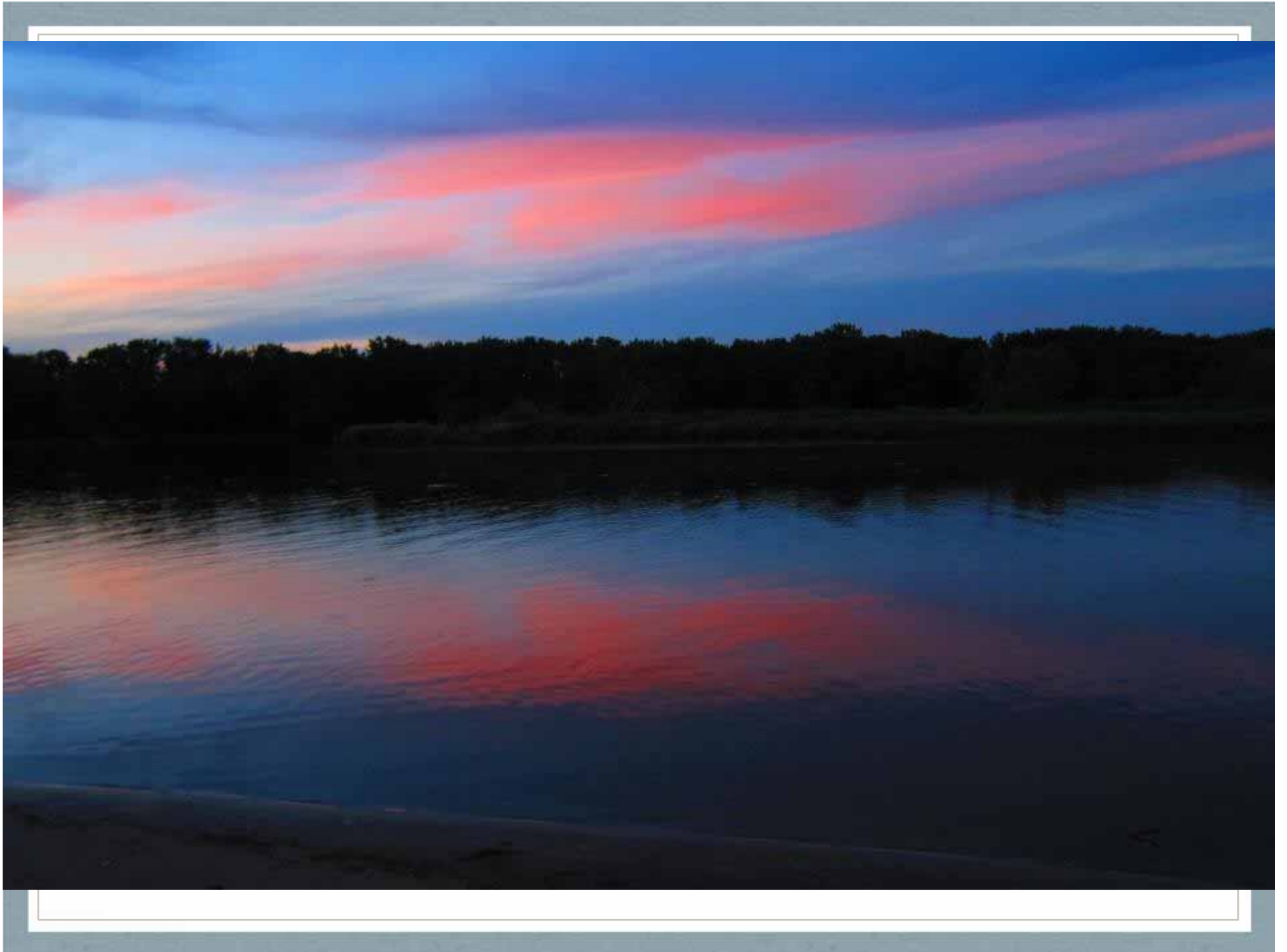


















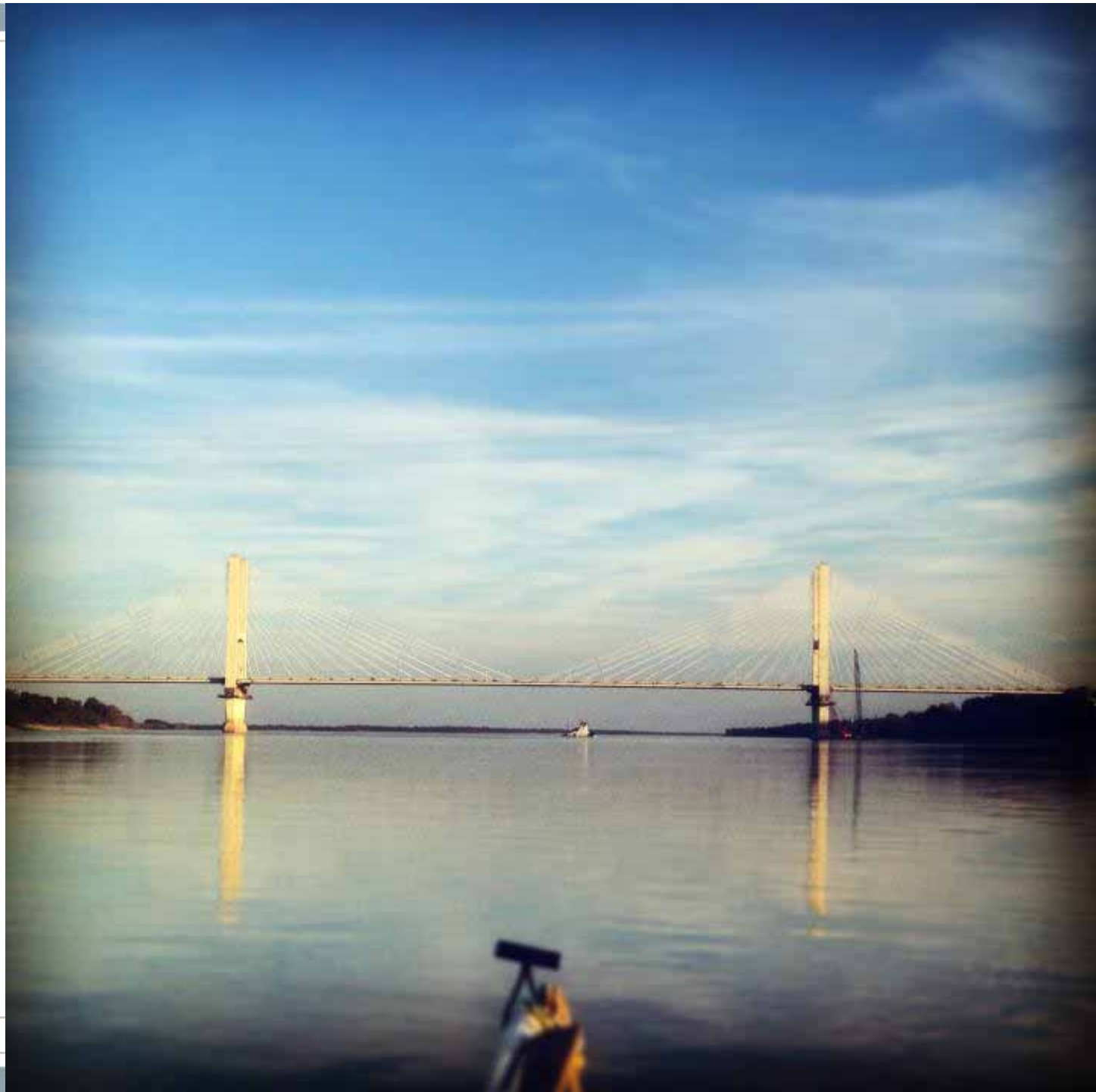






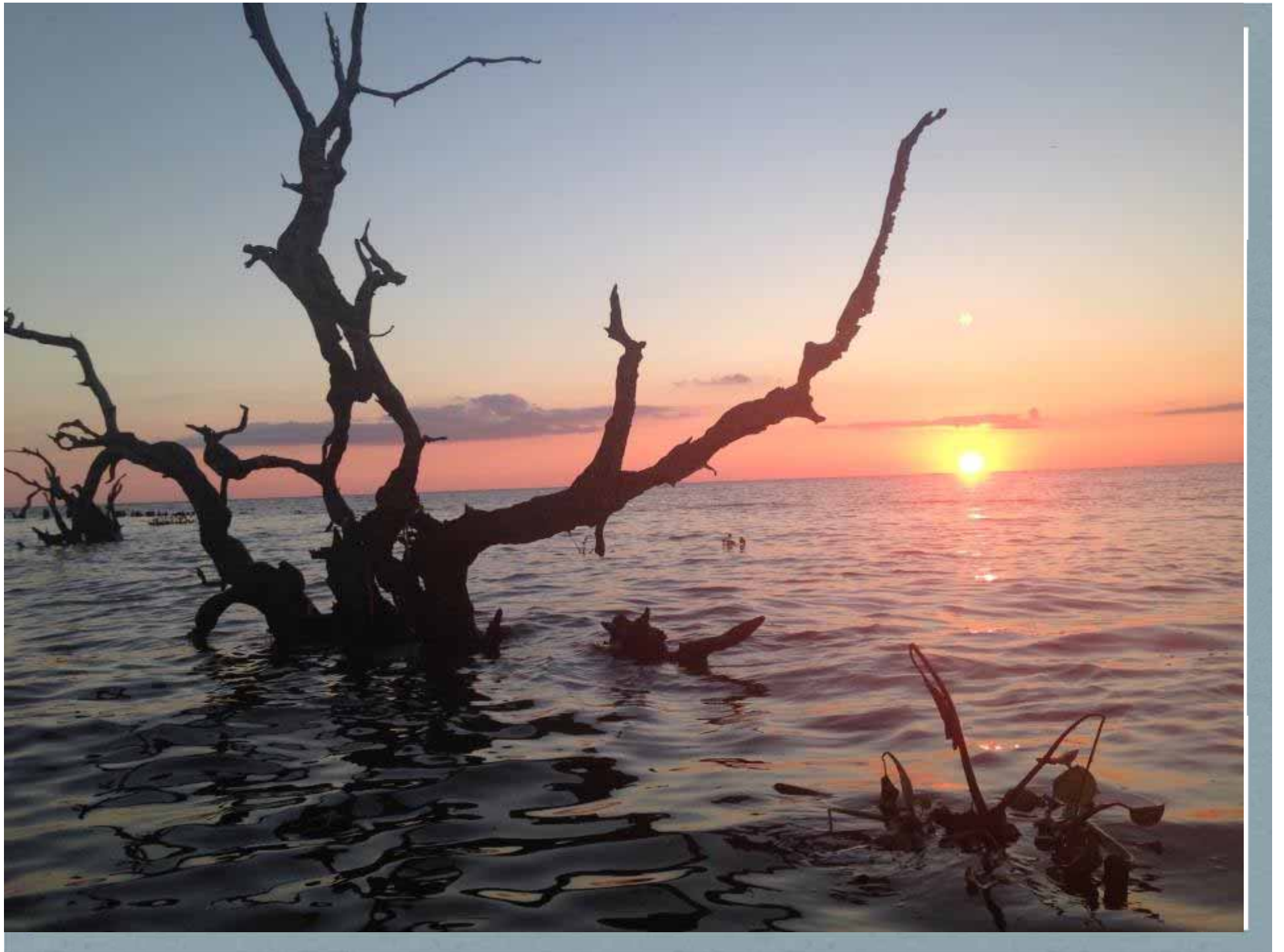










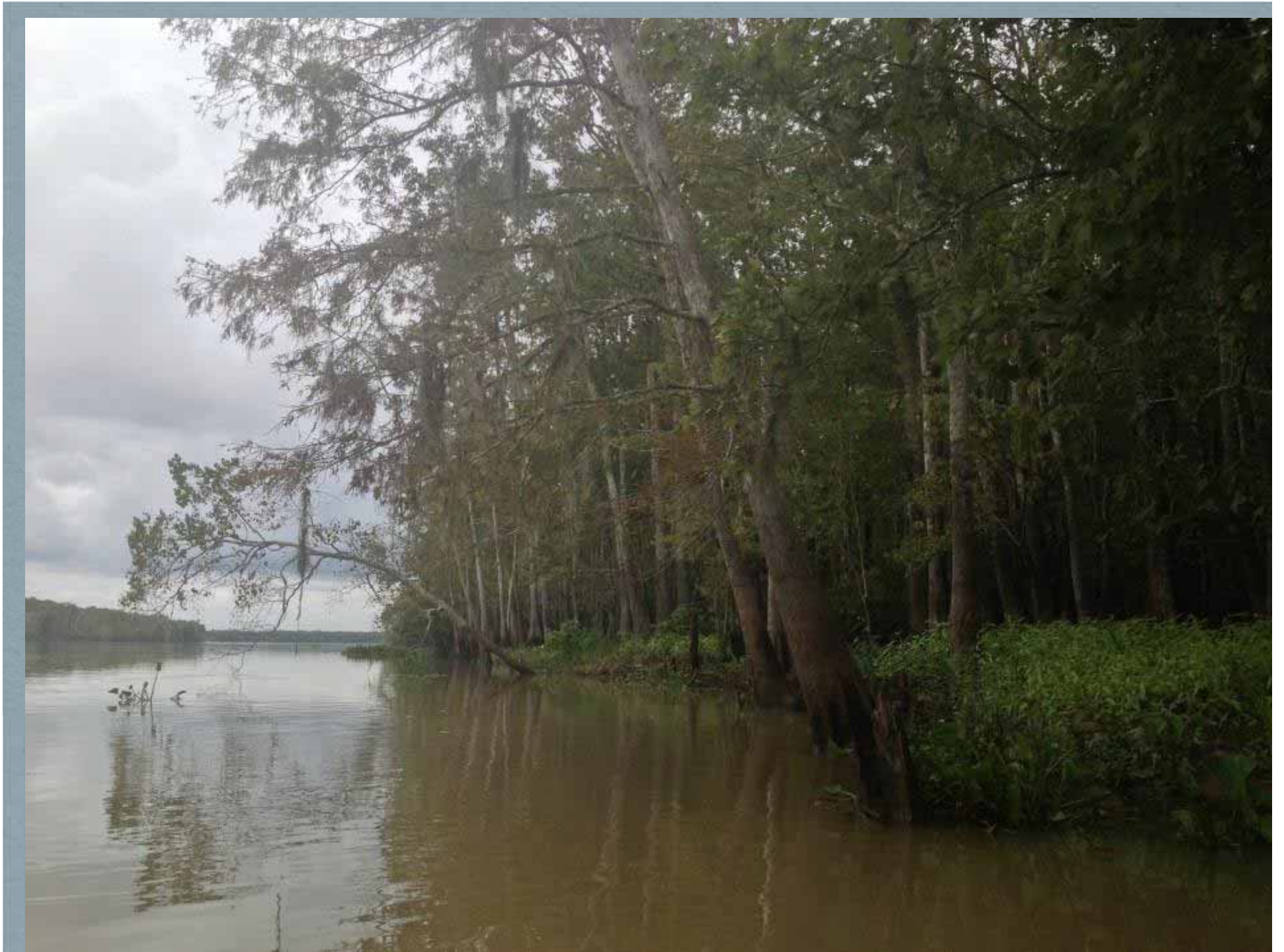










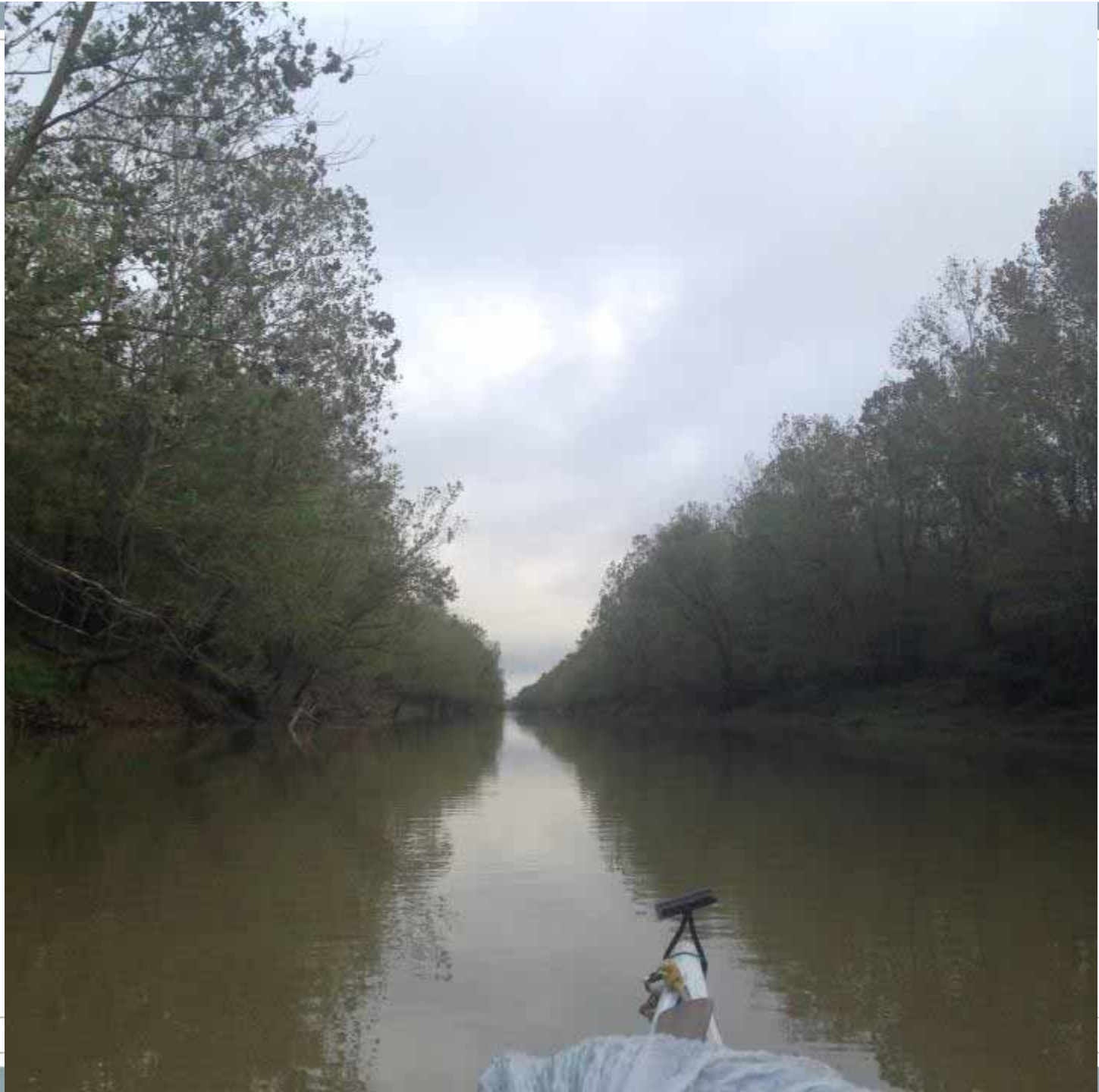




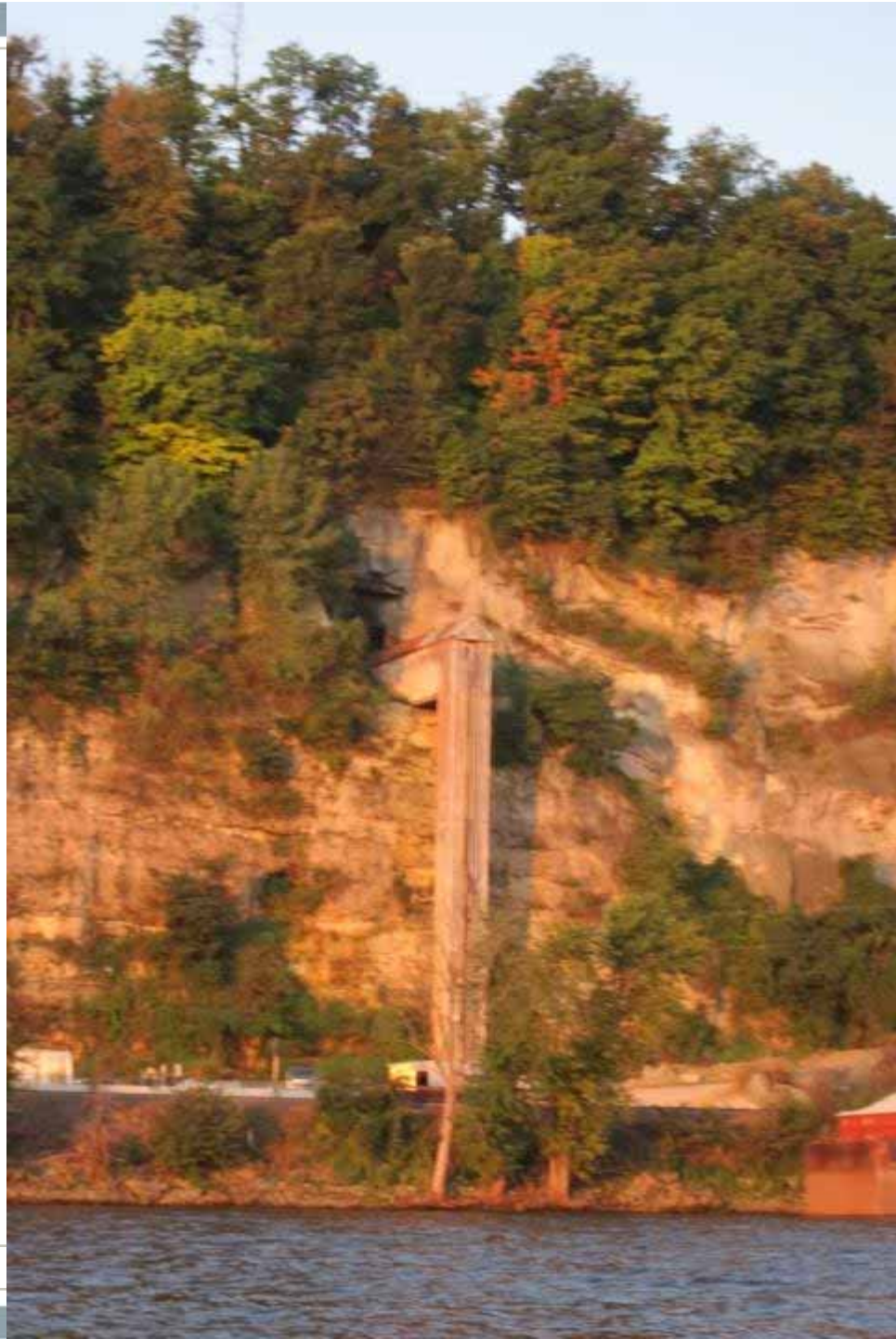














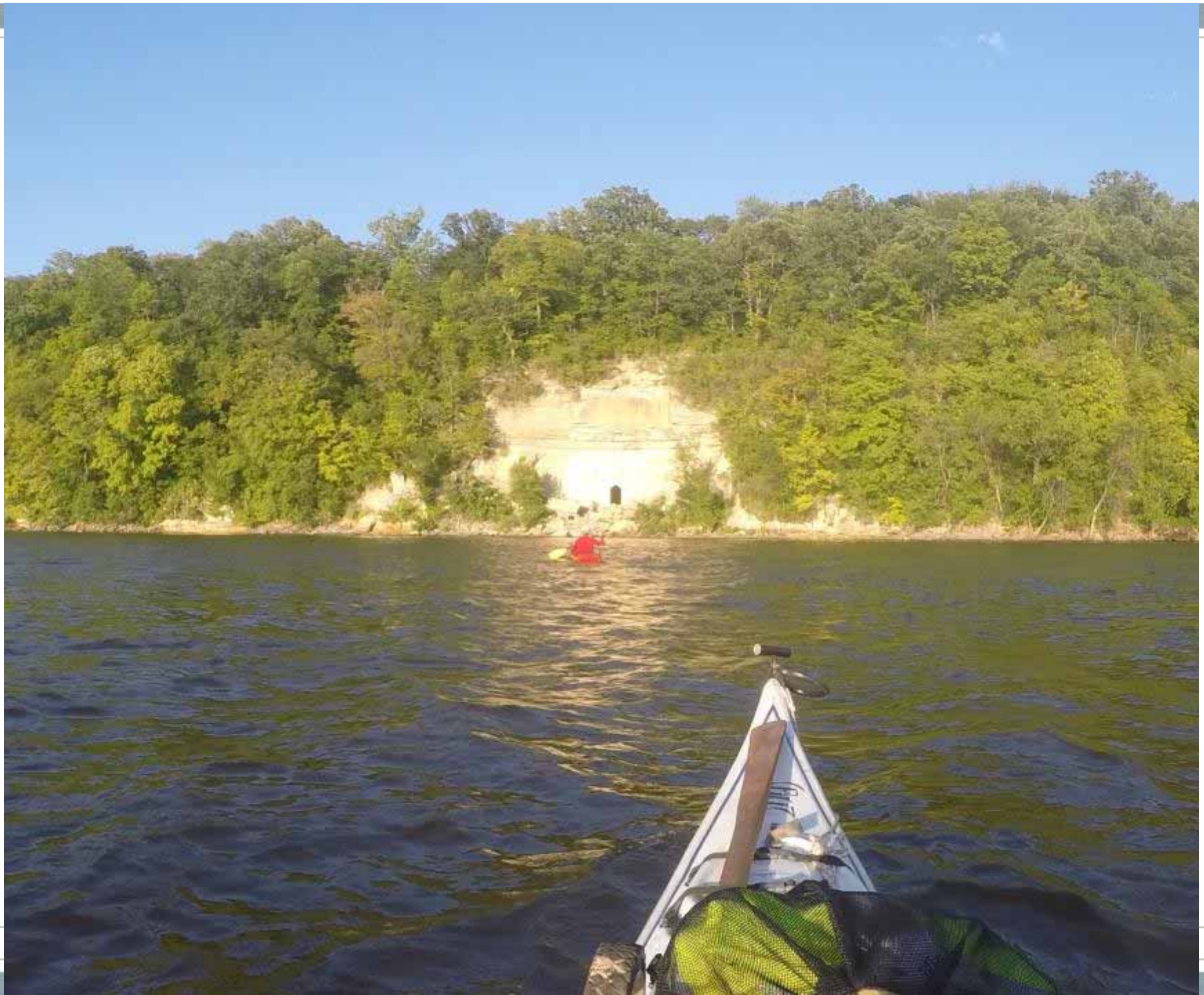












































7. Satisfaction

- Every day was **hard work**



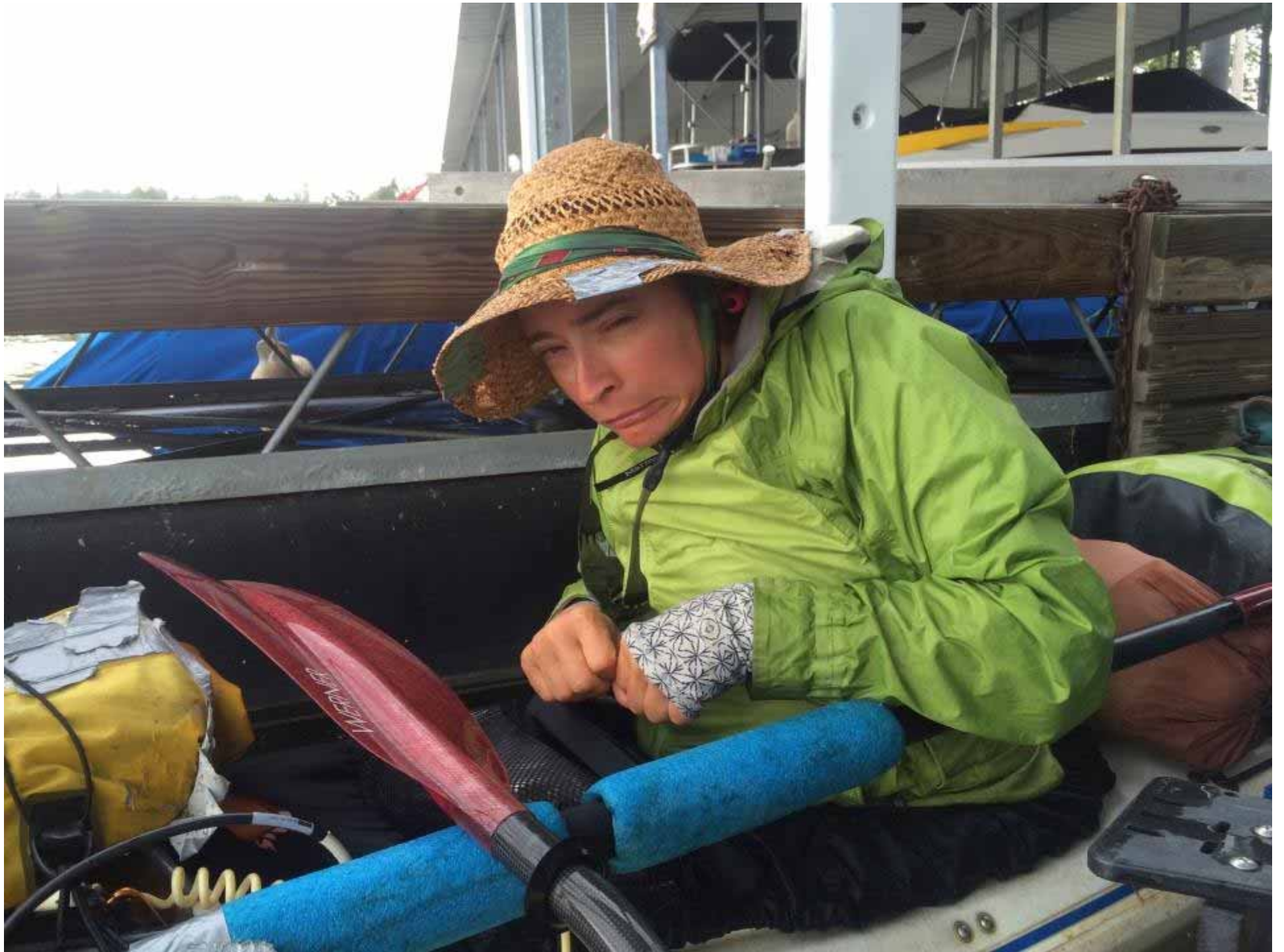
























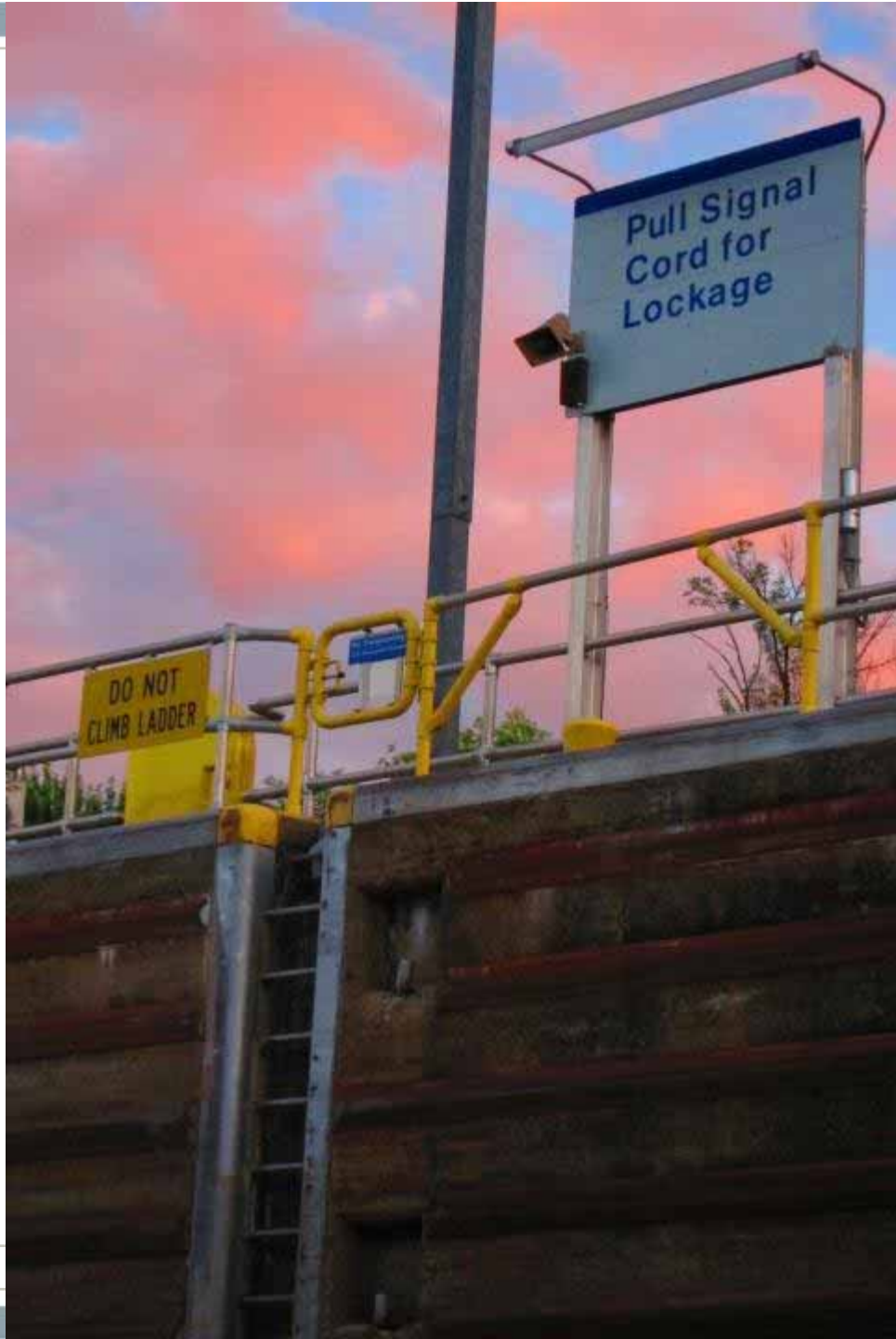














7. Satisfaction

- But you have fun along the way



7. Satisfaction

- But you have fun along the way





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7. Satisfaction

- Every day I went to sleep “well satisfied”



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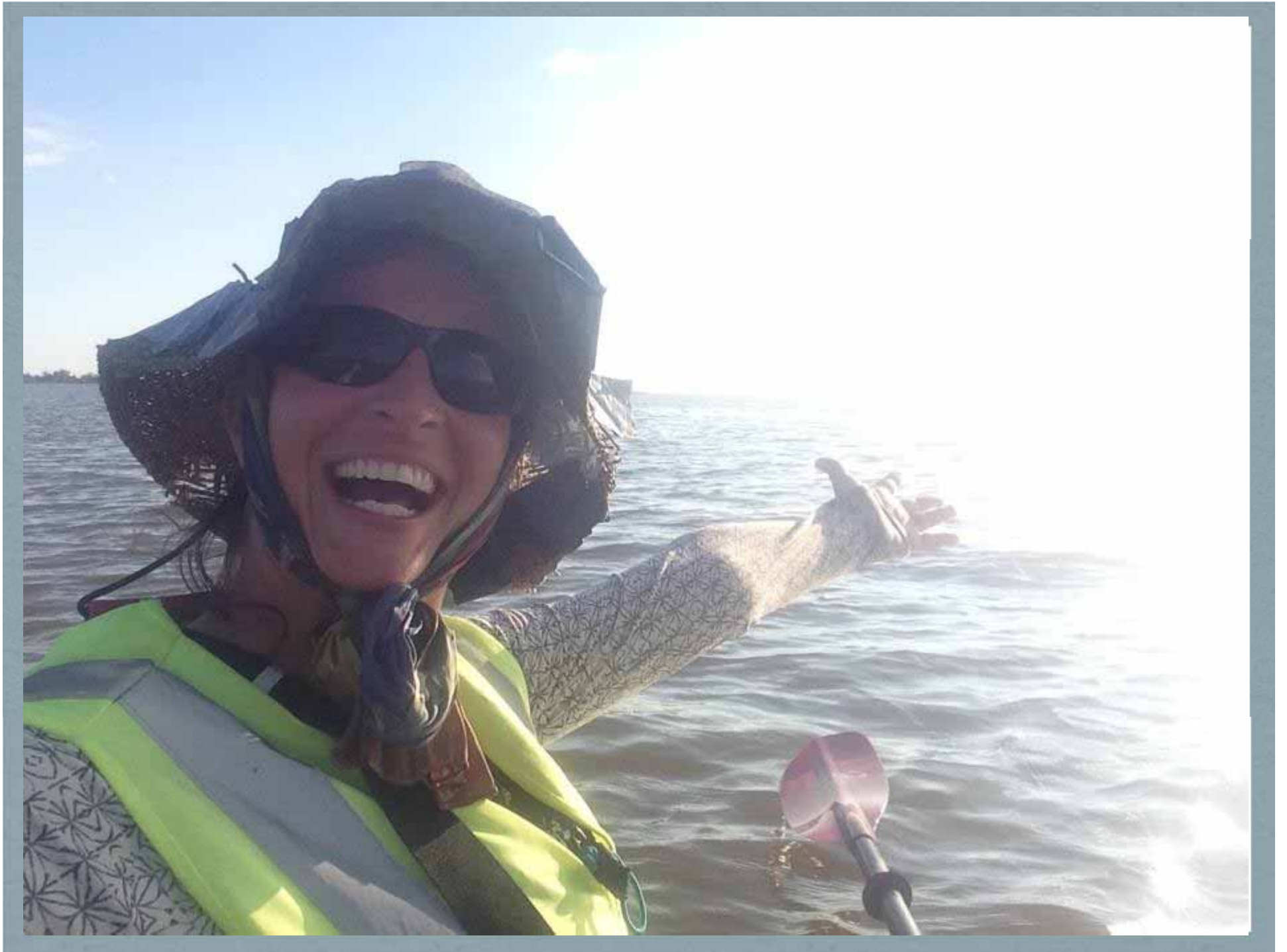
*Piloting on the Mississippi River was not work to me; it was play—
delightful play, vigorous play, adventurous play—and I loved it...”*

Mark Twain

well satisfied











7. Satisfaction

- Every day I went to sleep “well satisfied”



Review: Lessons Learned

1. Preparation is important (but not everything)
2. Amazing people
3. The river takes
4. Data tells a story
5. Practice is cool
6. Being outside is never boring
7. Satisfaction

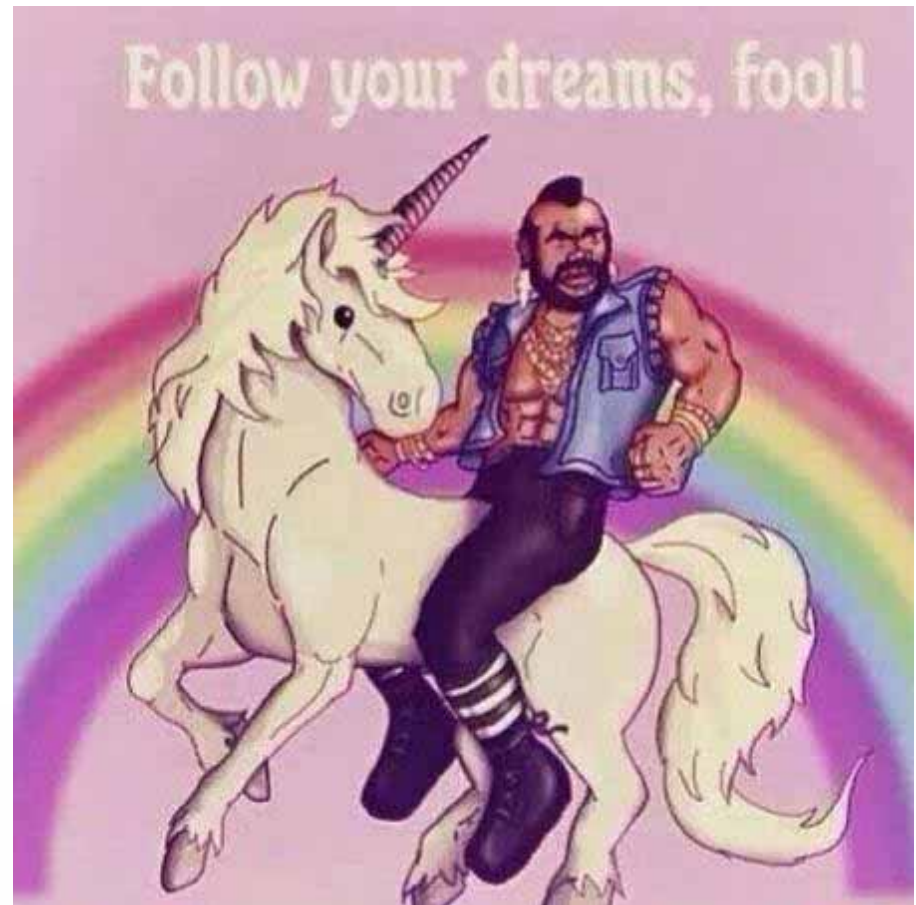
WHAT YOU CAN DO



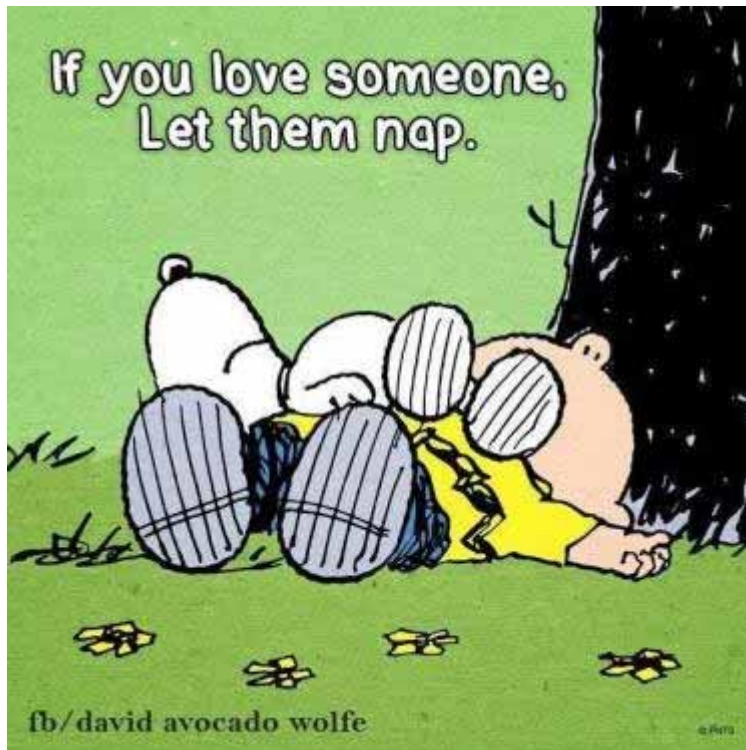
...culture could help the Dead Zone. But

Paddle YOUR (metaphorical) River

- Not everyone wants to
 - sleep on the ground
 - live with the bugs
 - be cold and wet
 - devote months at a time
- What inspires you?
- Go for it.



If you love someone, let them nap



If you love someone, let them
nap



Cowboy Camping



Take nothing but pictures
Leave nothing but footprints



Follow along: Paddle On! on Facebook

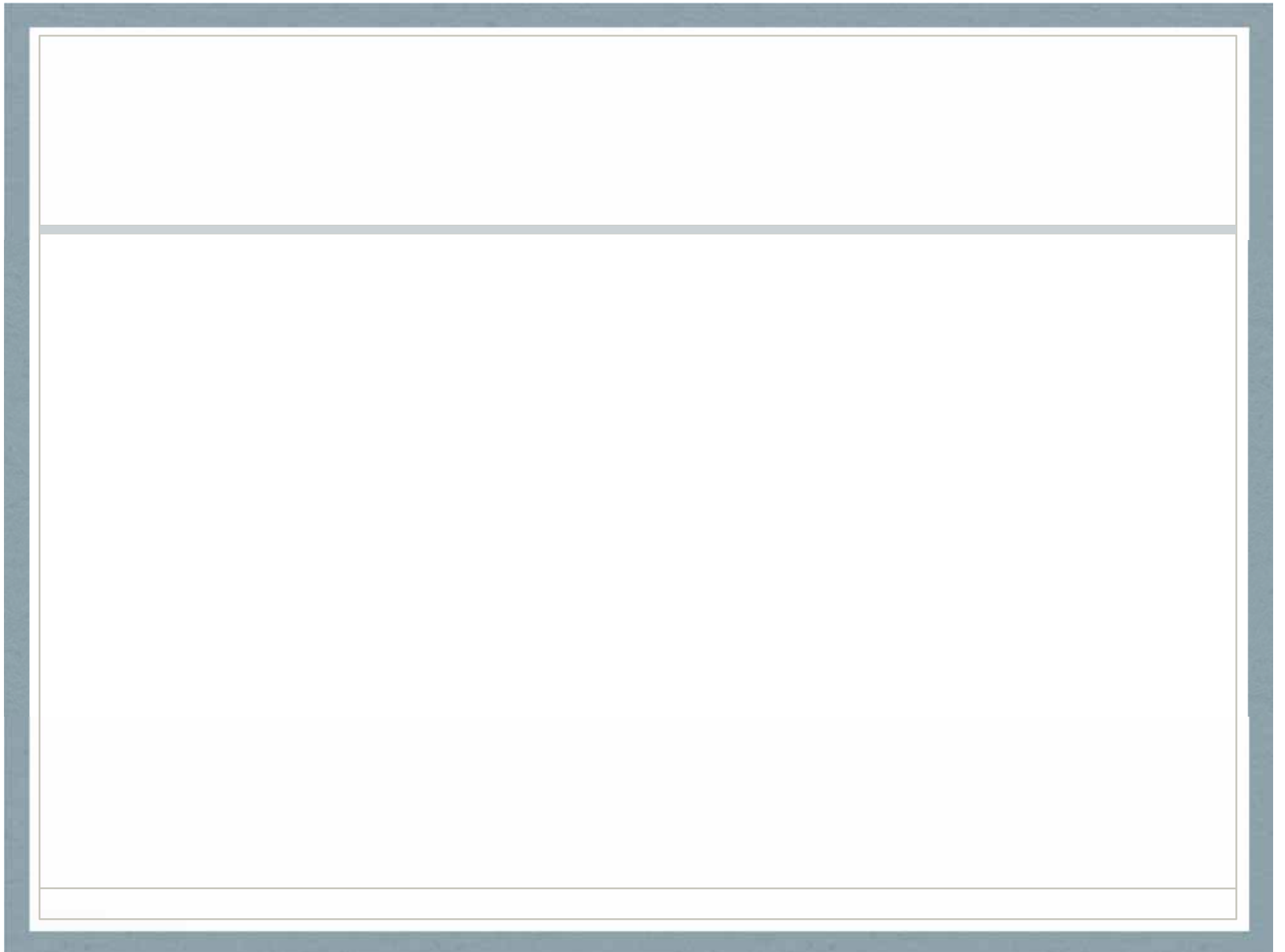


The image shows a screenshot of a Facebook page for a community named "Paddle On!". The page header includes the Facebook logo, the name "Paddle On", a search icon, and the user's name "Alyssum" with a "Home" link. Below the header, there are navigation tabs for "Page", "Messages", "Notifications", "Insights", and "Publishing Tools". The main content area features a large background image of a person in a wetsuit with their arms raised in front of a sunset over a body of water. In the bottom left corner of this area is a smaller profile picture of a person in a yellow kayak with the text "PADDLE ON!" overlaid. To the right of the profile picture, the text "Paddle On" and "Community" is displayed. Below this text are three buttons: "Create Call to Action", "Liked" (with a thumbs-up icon and a dropdown arrow), and "Message" (with a speech bubble icon and a dropdown arrow). At the bottom of the page, there are navigation tabs for "Timeline", "About", "Photos", "Likes", and "More" (with a dropdown arrow).

Follow Along: memoir coming soon!

- <http://arizona.wix.com/oatmealoriginalz>





FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



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FAQ: What did you eat?



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FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



FAQ: What did you eat?



FAQ: Where'd you go to the bathroom?

