



Stay positive, live longer!

For some of us those blistering hot days are get fewer and far between, colder mornings and chilly evenings are becoming a commonality, and general summertime fun seems at its furthest away. Although there are plenty of adventures to be had in Fall, the change in weather can sometimes affect your bright and cheery mind set. That commute to work may not be so jolly under a blanket of grey clouds, and the weekend bike rides in light drizzle could put a dampener on your positivity.

Although the odd rainy day blues may not seem like a big deal, according to a new paper by the Harvard School of Public Health (HSPH), "positive psychological well-being may reduce the risk of heart attacks, strokes and other adverse cardiovascular events." In other words, thinking the worst may put you in more than just a mood: it could put you in hospital.

Even though we can't change the weather forecast, we can help keep you more positive – by staying relaxed! According to the HSPH authors, one way to stay positive is to "treat [yourself] by focusing on the little things in life that are meaningful to [you] and make [you] happy." What is a better place to do this than in your hammock?

So, next time you feel you need an excuse to get outside and have some 'you-time' in your SingleNest, just remember it's good for your heart – in fact staying optimistic can reduce the risk of experiencing a cardiovascular event by 50%!

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Top Items for Cooler Weather

The warm season is coming to an end. Make sure you have these items to END through the winter.



The HotSpot's insulated wings and stretch panels wrap comfortably around you, effortlessly extending your hammock-camping season.



END Unisex Navy Zip Hoodie
(Also available in Black Rasta)



The insulated Ember surrounds the sides and bottom of your hammock, protecting you from winter's nastiness. The Ember keeps you nestled and toasty...until it's time to get up.

You can find more information about these items on our website, www.eaglesnestoutfittersinc.com

Cozy Evening Under the Stars

How Romantic?

Close your eyes a minute and think about this...eating by moonlight, warming up by the campfire, sharing a sleeping bag to keep warm. What's more romantic than camping?!

Before you head to the wilderness with your better half in tow, make sure you know these simple tricks to prevent your cozy evening under the stars from turning into relationship survival 101.

- 1) Make sure you know how to light a fire – you're going to need warmth and food at some point, and the best way to get both of these when you're out in the woods is a small, safe fire. Bring some camping matches (it's not cheating we promise!) and search around for dry twigs, leaves, bark, or moss to get it going. Don't forget to blow in some oxygen to give it a little oomph, and add larger twigs as the fire builds.
- 2) Start small (to go big!) – you don't want to end your couple camping expeditions before they truly begin, so to make sure you are outdoors compatible, start with smaller hikes and car camps before embarking on a long weekend on top of a mountain. Also, don't over-do the mileage. Sore feet and blisters never make for happy bunnies.
- 3) Weather watch – if at all possible, go camping when the weather is nice. Heavy rains and blustering winds have the potential to make the experience memorable for the wrong reasons.
- 4) Pack sensible, but not professional – you want to stay light and comfortable, but don't pack so minimal that you have to remain in the same pair of wet socks for three days straight. Also think about sleeping pads and comfortable sleeping bags – they come in double! So do our DoubleNest or Double Deluxe Hammocks – perfect for some couples retreats!
- 5) Stick to the trail and avoid arguments – don't give anyone a cause to get angry, and veering off the trail, getting horribly lost then having to eat your remaining snacks to make it back could potentially cause an issue. So would getting eaten by a bear or ruining the beautiful environment you are hiking on. Stick to safety and common sense and stay on the trail!
- 6) Keep it sweet – one word, NUTELLA! You can spread it on anything and you'll have something sweet to finish on .

FAQ

How do I wash my ENO Hammock?

We recommend either machine washing your hammock in a front loading washer, or hand washing your hammock.

If you are going to machine wash your hammock we recommend first removing the carabiners (no need to untie any knots), then washing on cold in a front load washer (no agitator) on the delicate cycle with a mild detergent (like Woolite or Dreft), or a gear wash.

If you are going to hand wash your hammock, we recommend using a bucket, sink, or bath tub with the same type of detergents listed above.

Do not put the hammocks in the dryer. Hang or lay flat to dry

New Product Alert! The Flex Fly Utility Tarp!



We are super keen to introduce the latest member of our Rain/Utility tarp family – the Flex Fly!

Flex by name, flexible by nature, ENO's FlexFly delivers whatever the weather. Engineered to excel in any application, the tarp's six guy points and ground length sides keep you warm and dry, or cool and relaxed. Expedition ready, the included 50-inch aluminium poles can configure a basecamp for a summit push, or create a canopy at your favorite festival. With the FlexFly, you can construct a home away from home for you, your friends and your bags, whenever you go, wherever you venture.

Key Features:

- 6 Point Design
- Two (2) 500 Aluminum Poles
- Double Stitched and Taped Seams
- Large Coverage Area Provides Dry Gear Storage

Material: 210T Nylon Taffeta Ripstop w/PU Coating

Dimensions: 10'60x 100

Weight: 45oz

The FlexFly is available from our Web site or from an authorized ENO retailer near you!

Price: \$134.95

9 National Parks You've Never Thought About!

We've all heard of the Great Smoky Mountains, the Grand Canyon and Yosemite, but did you know there are more than 1,800 established National Parks worldwide? From Malaysia to Madagascar there's a little piece of God's country dotted all over the place!

Here are 9 National Parks you've probably never heard of, but should definitely pay a visit to.

1) Namib-Naukluft National Park, Namibia – The world's oldest desert – Namib – is considered Namibia's top tourist attraction and is home to all sorts of creature like hyenas, jackals and snakes.



Barry and Amanda Agnew ENOing in Costa Rica on their honeymoon.



Henrik Meiholt on a fishing trip with his hammock and ProFly in Norway.



Scott Brelsford's photo from Torres del Paine National Park showing the 3 towers (torres.)

2) Hingol National Park, Pakistan – This is Pakistan's largest park nestled among the Hingol Valley cliffs. It boasts something for every explorer, from arid semi-deserts to subtropical forests.

3) Manuel Antonio National Park, Costa Rica – This smaller park is home to boat loads of species – roughly 300 mammals and birds. You can also enjoy scuba diving, kayaking, hiking and mountain biking.

4) Plitvice Lakes National Park, Croatia – Plitvice Lakes is the oldest established park in southeastern Europe – founded in 1949. There are 16 total lakes all famous for absolutely beautiful colors – from emerald green to charcoal gray.

5) Altai Tavan Bogd National Park, Mongolia – Close to the Chinese and Russian borders, this huge park is more than 500 square miles larger than Yellowstone (that rolls in at 3,472 square miles!), but is visited far less.

6) Isalo National Park, Madagascar – This park, located in southern Madagascar, is home to over 300 species of birds, reptiles, mammals and insects. You can also expect everything from vast canyons to grassy plains.

7) Rondane National Park, Norway – Rondane is Norway's very first established park and sprawls around Rondevatnet Lake. The park also boasts wild reindeer that have inhabited the area since the Ice Age!!!

8) Bako National Park, Malaysia – You can expect beaches to jungles in this park, plus the promise of the rare proboscis monkey – an endangered species that is endemic to the island!

9) Torres Del Paine National Park, Chile – Found in the Patagonian region of southern Chile, this park is on the country's most enjoyed spots. Hiking possibilities are everywhere – from majestic mountains to subpolar forests.

So next time you may be globetrotting, or dreaming of globetrotting, consider 1 of these 9 surprise National Parks – think of the hammocking potential!

New Photo Contest Bounty!

Your photos you're entering into our monthly Photo Contest are getting SO good, we want to award you with a bigger bounty for winning! The winner, selected at the beginning of every month by members of the ENO team, used to win \$125 worth of ENO goodies of their choosing - now they win **\$225**. That's \$100 extra!

For your chance to enter, visit our website and upload your favorite ENO pic. You can find some previous winners throughout our website and facebook page to get your creative juices flowing

WIN \$225 of ENO Product!



September's Photo Contest Winner: Tyler Porter

The Relax Reader **4**



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