

# GROUNDING IN MOTION

## ECS Support for Summer Routines



### BUILT FOR BALANCE: YOUR ECS ON THE MOVE

The endocannabinoid system (ECS) is built for balance—but summer vacations, camping trips, and school breaks can throw our routines off track. That's okay! Supporting your ECS doesn't require perfection—just intention. Here are some simple ways to stay grounded and nourished, even while you're on the go.

**Get Into Nature:** Forest bathing, swimming, sunrise/sunset walks, standing barefoot on the earth.

#### “Infused Adventures”

(pairing intention + microdoses of cannabis):

- Infused hike with 5-4-3-2-1 mindfulness
- Journaling or creating art outside
- Cold plunge + breath work at the lake

**Microdosing tip:** Carry fast acting tablets or sublingual strips for convenient and reliable effects.

### SAFE TRAVEL & STORAGE

Whether heading on a summer road trip or a domestic flight, it's essential to know how to safely travel with your medical cannabis. From proper storage to legal guidelines, we've got you covered—so you can travel without worry.

- No international travel with cannabis. Period - even with your medical document!
- Keep cannabis in original packaging in a smell-proof, locked container.
- Canadian Airports: Fly domestically with up to 30g secured cannabis and declare if requested.

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Endocannabinoid (ECS) Support  
for Summer Routines

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