

# outdoor fun™

## Camping 101

Many of us have fond childhood memories of our parents taking us camping in the great outdoors. Some of us continued these outdoor experiences with carefree excursions into the wilderness as young adults. Then we had children of our own, and suddenly, camping started to look a bit more complicated. How did our parents do it? Here are a few tips from a seasoned camping mom to help get you back in the tent again.

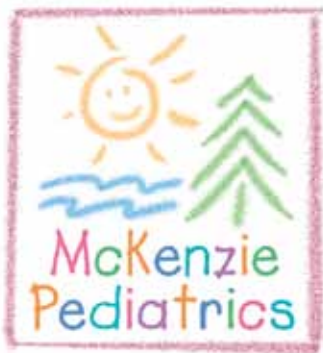
- » **Pick an exciting spot.** Think outside the campground registration box, and do a little internet research. Many parks in here in Lane County have everything to offer from deluxe cabins and yurts to remote sites with basic fire pits. The more exciting your location, the less your kids will miss the amenities of home.
- » **Bring simple but delicious food, and lots of it.** Kids are hungrier when they're out camping, and snacks are vital. Trail mixes, nuts, fruit, granola bars, and crackers with spreads are all good things to have on hand. Aim for hearty meals that are easy to prepare.
- » **Pack plenty of warm clothing.** Even in the summer, it gets cold at night, and your child will likely fall in the water with their clothes on once or twice. Bring layers, boots, changes of clothes and good outerwear.
- » **Invite friends.** Camping with other families is a good way to ensure a good trip. Your children will have fun playing together, you'll get some time to relax and visit with other adults, and it's likely that whatever gear you forgot, they remembered.

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