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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Camping Makes the Weekend Perfect**

**By Chuck Fitzgerald**

**Camping Makes the Weekend Perfect by Chuck Fitzgerald**

Do you have a weekend without anything to do or a weekend when you don't want to do anything? I know what I'd do. I would pack up the truck and head for the woods. Sitting by a camp fire with your favorite people solves many problems, so you shouldn't wait too long between fires. My favorite thing to do on a weekend is to camp. Are you looking for an easy way to camp? How about car camping? I love it!

First of all, let's define car camping? When you can drive your vehicle right up to the camp site, that's called car camping. Even if you're driving a truck it's still called car camping. The advantage of car camping versus primitive or base camping is that you can take anything you want with you. If you want to take a hammock or huge grill or a stack of magazines, you can. Load your car or truck with food, clothing, shelter, bedding, games and anything else you want to take along and get going. It's really that simple.

So where can you car camp? Just about anywhere. National and state parks don't allow car camping except in designated campgrounds, other than that, you can car camp virtually anywhere on public lands. The internet is loaded with websites that can help. Start looking at [www.backcountrytoys.com/education.htm](http://www.backcountrytoys.com/education.htm). Our Education Center is loaded with up to date camping information.

Here are some things I take along when I car camp: hiking gear, bird watching binoculars and field guide, a radio for music and weather updates, tent, cot, sleeping bag, grill, shovel, fire starting gear, lots of food and drink, first aid kit, a stack of reading material - this can also be used for building a fire - such as newspapers and magazines, rain gear, hammock, dogs and dog food, folding chairs and table, stove, table service and utensils....you get the idea. I take all that I need to be comfortable. If you don't have these things, don't fret, all you really need are food, shelter and common sense.

Camping is a great way to renew and strengthen relationships. Take your spouse, your children, your siblings, your friends. Without the distractions of television, telephone, internet and alarm clocks, you will have a wonderful time. I'll always remember something a dear friend of mine told me years ago,

## Camping Makes the Weekend Perfect

"Time spent in our great outdoors is time added to your life." That sounds like a good reason to go. Use this information and you'll Get It Right The First Time.

Get Outdoors!

Chuck Fitzgerald is the President of Arizona based BackCountry Toys, an online store providing backcountry specialty gear and educational information for outdoor enthusiasts. Visit [www.BackCountryToys.com](http://www.BackCountryToys.com) to receive the free newsletter "FreshAir" or call (800) 316-9055

### **Where To Purchase A Camping Air Mattress Of Superior Quality**

**By Jodie Philips**

Today's camping enthusiast is discovering that the camping air mattress is a very popular and comfortable alternative to sleeping on the ground. As they now come in various shapes and sizes you are certain to find one that exactly suits your particular needs. Make sure a camping air mattress is among your supplies when you are preparing to head out on your next camping trip. You will find that sleeping on an air mattress instead of the hard ground will definitely make your camping experience much more enjoyable.

There are many different ways to find a suitable camping air mattress. The first and most obvious is by visiting your local camping or outdoors store. These stores usually carry a vast range of products including anything you could possibly need when camping or going outdoors. It is vitally important that you carefully look into all the various options before committing to your purchase and don't jump in and buy the first one you come across. Shopping around can certainly help you to get the best deal possible.

If a camping or outdoors store doesn't have anything suitable, a sporting goods store would be the next option for you to visit. Go to the camping section and talk to an experienced salesman. They will be able to fill you in regarding options and information regarding the camping air mattress. By doing so, the salesman can advise on which item would be most suitable to your requirements. This will then help narrow down your choice of camping air mattress.

So, when looking to make your camping experience more comfortable, a camping air mattress is definitely the way to go. Seek out your local camping or sporting goods stores to complete your purchase. Then while organizing your next camping trip think about how comfortable and relaxed you will feel sleeping under a starry sky on your camping air mattress instead of the hard ground.

Jodie Phillips is a successful Webmaster and publisher of

and she

provides more camping air mattress facts, tips and advice on finding the best camping air mattress on her website, where you can research in the comfort of your own home.



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