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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Family Camping Tips

By Robert Michael

One of the fondest childhood memories I have are camping with my dad. My dad and I would grab our tent, sleeping bags and fishing poles and head down to a local lake for a weekend. Camping can be a wonderful activity for the entire family. It can also become a huge calamity if you are not prepared or don't know what to expect.

If you are not experienced at camping then it might be best to start with a commercial campground. These campgrounds are often listed in the yellow pages. The costs of these campgrounds is often nominal and they usually have showers, bathrooms, electrical hookups, running water nearby, fire pits and a camp store for any necessities that you may have forgotten. Established commercial campgrounds also often have activities for the entire family including swimming pools, hiking trails, paddle boats and fishing lakes. Although most of these campgrounds are set up for campers they almost at always have tent sites as well.

Once you have tried camping at an established campground you may decide to want to rough it out in the woods on your own. To find locations for tent camping you might try doing an internet search on camping.

Regardless of where you go camping it is important that you be prepared. The following is a list of items you should consider for ensuring you are prepared for an enjoyable camping trip.

Camping Inventory

1. Tent. You can find a wide selection of tents in various sizes from 2 person tents to family sizes. You might consider getting the children their own tent. They will enjoy having their own space.
2. Sleeping bags and an air mattress if desired.
3. Flash lights and extra batteries.
4. Matches

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5. Cookware. Cooking on an open fire will probably not be good for your best cookware so you might want to bring older pots and pans or consider buying a camping cookware set. Think ahead about foods that will be easy to cook on a fire.

6. Firewood. If you are not camping at an established campground you may not have access to firewood.

7. First Aid kit. This should include band aids, peroxide, gauze, burn crème, tape, a tool for removing splinters, and anti bug spray.

8. Water for drinking

9. Trash bags. Whether you go camping at an established campground or in the woods somewhere it

is imperative that you leave the area exactly as you found it. If the location does not have trash bins then pick up your trash and take it with you. Don't ruin the experience for the next family.

If you carefully plan your camping trip and expect the unexpected by being prepared for anything you will have a great time camping.

Robert Michael is a writer for Webau Camping which is an excellent place to find camping links, resources and articles. For more information go to:

<http://www.webaucamping.com>

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

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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

<http://ultimate-air-mattress.com>

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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