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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!**

## Quick Camping Checklist

By Gabriel Adams

Whether you're a first time camper, or an experienced wilderness explorer, it is helpful to have a basic checklist of essential gear. Of course, don't forget that you may need other equipment, based on the specifics of your trip.

**Tent or shelter** - Most people will want to take a tent, but you can also use a tarp or other open shelter to keep the rain and dew off of you. If it will be cold, though, you'll probably be thankful for the extra protection a tent offers. Don't forget to bring a fly or tarp to keep rain out of your tent.

**Groundcloth** - Bring a tarp or plastic keep moisture from seeping up through the tent floor, unless your tent has a built in groundcloth.

**Sleeping Bag** - Check that your sleeping bag is rated appropriately for the weather you are going camping in. You don't want to take a -30 rated sleeping bag on a summer camping trip, or vice versa.

**Stove** - Unless you plan to cook over a campfire, you'll need a camping stove and fuel. Of course, whether you use a stove or a fire, you'll need matches or a lighter.

**Food** - You don't want to be without that!

**Water** - Bring plenty of water. In some cases you'll need to bring enough to extinguish your campfire.

**Apparel** - You'll want a coat or raincoat to protect yourself from the elements, depending on the weather. A hat is another essential. Other than that, the main rule of thumb is that it's better to wear layers of clothing, so you can easily adjust for the temperature.

**Pack** - If you're hiking in to your camping spot, you'll need a pack large enough to hold all of your gear. Otherwise, you'll just need a day pack or fanny pack for day excursions.

**Basic gear** - You should at least bring: Knife or Multi-tool Saw or axe Rope Compass and map First aid kit Snake bite kit

## Quick Camping Checklist

Keep in mind that this list is just a basic list - you'll find other items that you need as you start camping.

Getting ready for a camping trip? Visit

<http://www.outdoorsandin.com/coleman.html>

for all your gear!

### **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

<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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