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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Twenty Questions to Ask Yourself When Choosing a Sleeping Bag

By Maria B.

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Before you head out to buy a new sleeping bag, make sure you know exactly what you are looking for. When you answer these questions, you'll be better prepared to pick out the sleeping bag that is just right for you.

- How will you be using your sleeping bag? Will you be backpacking or hiking? Or do you just need a bag for a family camping trip?
- What time of year will you be camping? Will you be doing summer camping, spring through fall excursions, or rough winter camping?
- Consider your budget. How much do you want to spend? Can you save money by getting a higher quality sleeping bag on discount?
- Where will you be using it? Will you be sleeping in a tent? Out in the open? In a lodge or cabin? What areas will you be using the sleeping bag? Will it be in wet areas, dry deserts, mountains?
- What comfort level do you want? If weight isn't a consideration, do you prefer a roomier, softer, more comfortable sleeping bag? Are you accustomed to the cold night air or do you chill easily?
- Is the weight and compatibility important? Will you be carrying it for a long distance? Do you have limited space?
- How long do you want it to last? Would you prefer to get a cheaper one and replace it later? Or do you want a higher quality sleeping bag that will last many years?
- Is flexibility important? Do you need one bag to meet all your needs, summer through winter?
- How often do you intend to use it? Is this a once a year camping trip? Or will you be using it very frequently?
- Who will be using the bag? Man, woman, or child? What is their body shape?
- How much extra room do you like? Do you sleep still at night or do you tend to toss and turn a lot?

Be sure you consider all these aspects before you buy your sleeping bag. Then your new sleeping bag will be just perfect for you and your needs.

Maria B.Camp Spot – My Favorite Camping Store <http://www.my-favorite-camping-store.com> Helping you make your next camping trip the best ever.

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

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

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