

Camping the summer retreat

When the warm weather rolls around many people get the urge to pack up and get away from the daily routine and camping is a great way to do it.

Camping can be a quiet, relaxing activity if the group is small or a fun-filled activity if the group is large.

Equipment needed for camping can range from an everyday sleeping bag and very few supplies to a Volkswagen bus with all the supplies one can think of.

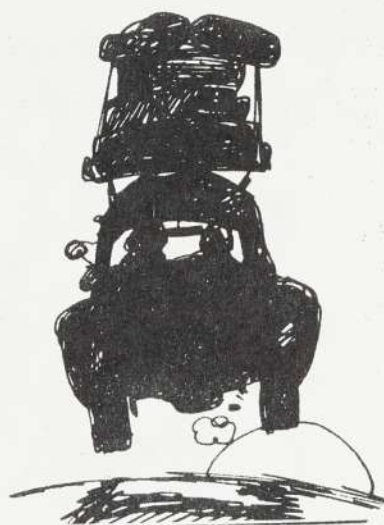
Supplies or tools needed for camping depend upon the individual and the camping site. In some camping areas a shovel and pail are required to put out a fire if one is made. If campers are going to their own secluded spot, however, the list of supplies is up to the person's own discretion.

Parks are the usual places where campers go, but camping on the beach or in the mountains can be more interesting.

Typical foods taken for camping are those which store easily and will not spoil. A favorite for those who enjoy a campfire are marshmallows and hotdogs which can be roasted.

It's nice to have most of the luxuries of home, but sometimes it's fun to get out and "rough it". In this case the base necessities are taken instead of the luxuries.

Camping is an old and favorite activity, but new types of camping are becoming



popular. Horseback camping is one such type that is becoming more and more popular and bicycle camping is another popular type.

No matter how a person gets there or how many are in the group camping is the best way to get away from daily routine and get out and enjoy nature.

Dinner with the ants



Picnicing usually brings to mind images of red and white checkered table cloths, a quiet secluded area, a wicker picnic basket full of typical chicken, potato salad, potato chips, fruit and beverages and occasionally a few visiting ants.

Picnics nowadays, however, have changed and often turn into mini barbeques or small banquets. The typical menu of cold chicken is sometimes converted to barbecued hamburgers or steak for the rich.

Picnicing isn't the once romantic event it used to be either. Now picnics have turned into large gatherings such as company picnics or large family or family-relative picnics.

Picnics are a great way to get out-of-doors and a relaxing way to spend an afternoon. If the weather is especially hot it is wise to prepare the picnic menu early in the morning so everything is ready to go when the afternoon sun comes out. This way you can refrigerate the lunch and avoid cooking over a hot stove.

Picnics are not only afternoon events as picnic dinners can be very enjoyable too.

Whatever the time and whatever the menu, picnics can be very enjoyable events and they provide a break from the usual meals of home.



How to pack your backpack

Packing a backpack for a trip into the back-country can be a real problem. You're like the man who is about to be shipwrecked -- what do you take with you?

Everybody has their own ideas on what is suitable. Joe may pack a portable radio and a six-pack of beer and think them absolutely essential, while Jill packs a sleeping bag, two cans of spam and a canteen, and says that's all she needs.

People have different priorities.

The beginning backpacker, however, faces the problem of not knowing what exactly to put in his pack. There are the obvious things like a sleeping bag and a canteen. But what about those less obvious things?

By not knowing what to pack, the backpacker runs the risk of ending up in the middle of nowhere with a can of beans and no can opener.

Below is a partial list of things to pack.

Add and subtract and generally fiddle around with it to fill your needs and tastes.

- | | |
|------------------------------------|------------------------|
| food (your choice) | cook kit |
| knife, fork, spoon | plate and cup |
| sleeping bag | tent, poles and stakes |
| groundsheet | clothes (your choice) |
| canteen | whistle |
| fuel for stove | compass |
| map and mapcase | toilet kit |
| needles and thread | rain gear |
| water purification tablets | |
| small one-burner camping stove | |
| waterproof match box/ with matches | |
| flashlight/with batteries | |

A point to remember! It's easier to find what you want in your backpack if you pack them in nylon drawstring bags according to grouping. Cook gear in one bag, clothing in another, -- etc.

