



# CAMPING CONNECTION

How you can make the most of your camping experience.

## CLARIFYING CAMPING FUN

### ➤ **Planning and prepping**

- Remember to communicate with others going to discuss expectations and boundaries – this amplifies fun! See Appendix A for a chat checklist to support open and thorough communication
- See Appendix B for packing ideas
- Mindful packing can increase fun exponentially by ensuring needs and wants are met along with decreasing work while on location. See Appendix C for some Packing Hack ideas

## CURATING YOUR CAMPING EXPERIENCE

### ➤ **Who, What, Where, When & SLEEEEEEEEEEEEP**

- Campgrounds themselves as well as locations offer a wide array of amenities and socialization options. See Appendix D for related ideas & resources.
- Camping is a great way to increase socialization with people while supporting respect for each other's boundaries related to health and current distancing concerns. See Appendix E for pandemic camping considerations.
- Grumpy campers are NO FUN! See Appendix F for tips to support nourishing sleep while camping.

## CONNECTING AT CAMP

### ➤ **Mindfulness Moments & Connection Ideas**

- Not sure how you'll spend all the extra time? See Appendix G for ideas about how to connect while camping.
- Want to play with your kiddos?!? See Appendix H for ideas about how to have some great family fun for everyone at camp.

## Amplifying Fun and Freedom in Nature

# Camping Chat Checklist

## Appendix A

### Planning Responsibilities:

### Who:

Campground Reservation	
Lodging Prep (Cabin, Camper, RV, Tent)	
Packing List (Clothes, Toiletries, Games / Activity Items, Sleep Comforts, First Aid, Light, Campfire gear, Cooking / Kitchen, Bug Spray / Sun Screen, Food, Chairs)	
Meal Planning / Grocery Shopping	
Item Organization / Purchasing	
Activity Planning and Prep	
Planning Manager – keepin’ it organized	

### Packing Responsibilities:

### Who:

Clothing	
Bedding	
Toiletries	
Meal Prep / Food Packing	
Cleaning / Storage	
Final Packing Organization	
Loading Gear / Organizing Camper	
Fueling Vehicle / Safety Check	

# Camping Packing Planning Toolkit

## Appendix B

### Cabin

Hiking / Backpacking Cabin Camper: [Packing List for Cabin Camping – Backpacking Nut](#)

Family Fun: [Cabin Packing List \(free printable!\) – Edventures with Kids \(kcedventures.com\)](#)

General Packing Reminder: [Ultimate Cabin Camping Checklist For The Best Camping Adventure Ever \(onecrazyhouse.com\)](#)

### Camper / RV

First Time Camper Checklist: [Ultimate RV Packing List for a First Time Camper \(campersinn.com\)](#)

Thorough Checklists to Include Safety: [RV Checklists: 6 Printable Packing Lists | Campanda](#)

Kiddo RV Camping: [RV Packing List for Your Family Camping Trip \(Printable Checklist\) \(familytravelfever.com\)](#)

### Tent

Basic Packing Guide: [Best Packing List for Camping in a Tent 2021 – Outdoor Fads](#)

Comprehensive Printable Checklist: [Packing List for Tent Camping – Free Printable – Thrifty NW Mom \(thriftnorthwestmom.com\)](#)

REI Camping list with product links: [Camping Checklist | REI Co-op](#)

### Kiddo Specific Resources

Kiddo Camp Packing Tips: [Packing List for Camping with Kids | Togo RV](#)

Infants & Toddler Tips: [Packing List For RV Camping with Babies and Toddlers \(+printable checklist\) \(familytravelfever.com\)](#)

Family Friendly Recipes: [30+ Camping Recipes the Whole Family Will Love! – Thrifty NW Mom \(thriftnorthwestmom.com\)](#)

Camping with Kiddo Tips: [7 Survival Tips for Camping with Kids – Thrifty NW Mom \(thriftnorthwestmom.com\)](#)

# Packing Particulars & Helpful Camping Resources

## Appendix C

### Packing Particulars

Helpful Tips & Tricks: [28 Packing Hacks and Tips for Your Next Camping Adventure – My Backyard Life](#)

Creative Ideas with Pictures: [55+ Essential Camping Hacks and Tricks That Will Make you a Camping Pro – DIY & Crafts \(diyncrafts.com\)](#)

Packing Organization for Small Camper Camping: [\(391\) 31 Useful Packing Hacks for Camping “The Easy Way” To Organize a Small Camper – YouTube](#)

Printable Checklist: [Family Camping Checklist: A List of Camping Essentials \(childhood101.com\)](#)

### Camping Hacks

REI Special Tips: [22 Camping Hacks and Tips from REI Experts – REI Co-op Journal](#)

Misc. Tips: [20 Genius Camping Hacks Every Camper Should Know \(ordinarytraveler.com\)](#)

Tent Tips: [\(391\) 7 USEFUL CAMPING HACKS AND TIPS – YouTube](#)

### Tips

Mistakes to Avoid: [9 Common First Time Camping Mistakes to Avoid - Mindful Travel Experiences](#)

Safety Tips: [13 Camping Safety Tips To Know - Mindful Travel Experiences](#)

# Camping Options Ideas & Resources

## Appendix D

There are many ways to adventure while camping. Some camps offer amenities on site such as pools, recreational centers, playgrounds, camp stores, organized group activities and natural resources like lakes, hiking trails, and beaches.

Some campgrounds also offer adventure opportunities near by and most campgrounds offer information about local attractions at their camp store or welcome center.

The choice is yours! And planning ahead before setting on your adventure is often helpful in amplifying everyone's good time. What will you and your crew choose; to stay close to camp, select an adventure for each day or a mix of both? Having at least a loose plan prior to packing makes planning and packing more efficient and ensures you will have the supplies needed for desired activities.

Here are some conversation questions to support activity planning and expectation communication:

- What does the campground we will be staying at offer on site?
- What of the offerings at the campground are we interested in exploring?
- What adventure options are available within a reasonable travel distance from camp?
- How many adventures do we want to go on?
- Which off campus adventures are most appealing? Can vote and rank them if many people, varying opinions.

Find New England Campgrounds

- CampMaine: <https://campmaine.com/>
- CampMass: <https://www.campmass.com/>
- CampVermont: <https://campvermont.com/>
- U Camp NH: <https://www.ucampnh.com/>
- CampConn: <https://campconn.com/>
- Camping in Rhode Island: <https://www.visitrhodeisland.com/hotels-more/campgrounds/>
- Delaware Campgrounds: <https://www.visitdelaware.com/where-to-stay/campground/>
- CampgroundViews: <https://www.campgroundviews.com/>

# Camping COVID Style

## Appendix E

Camping provides opportunity for us to socialize with others while still respecting boundaries and social distancing. Whether we are meeting new camping friends, meeting up with people we've been missing or a combination of both, camping is a fantastic way to begin socializing again after a long year of social distancing.

There are some considerations that may support continued safety while enhancing connection:

- Outside is our friend: connect in nature, around the campfire, on a hike, from neighboring camp sites.
- Easier to respect and maintain personal space when everyone has access to their own home base.
- Eating meals together is safer outside and easier to join one another for meals while respecting one another's exposure boundaries.

It is helpful to communicate COVID boundaries with those we are traveling with / meeting to ensure that everyone knows where each person's comfort level is. Some helpful questions to consider when determining your boundaries:

- How close is too close?
  - What are your distance comfort zones? Are you okay with going into one another's personal space or will all interactions remain outside?
- Sharing food?
  - Meals may be shared without actually sharing food. Camping makes this much less awkward.
  - If coordinating meals, what safety precautions are important to you? Sanitizing. Individual Packaging. One Server of food.
- New People?
  - Are you open to meeting new people whose history and movements you may not be privy to? If so, at what distance are you comfortable?
  - What about kiddos? Are you okay with kids meeting and spending time with new people? What are your location boundaries for kids?
- To mask or not to mask?
  - Whatever you consider, communicating ahead of time can help reduce awkward feelings about some mask wearing while others aren't.
  - Be sure you have comfortable and varied options if mask wearing is your boundary. And understand boundaries are about you – not others.

# Collecting ZZZ's at Camp

## Appendix F

Have you ever been camping and had an awful night of sleep? What about one of your kiddos not sleeping well because they weren't comfortable enough / didn't have their favorite items? Grumpy campers can really suck the fun out of adventuring. Setting ourselves up for nourishing sleep supports all facets of camping fun!

### **Pack Creature Comforts**

If you're used to sleeping with a specific blanket, pillow, or anything else it is worth consideration to bring it. If one of these items are for your kiddo, bring it along. If you're tent camping, I recommend a sleep mat at minimum if not a cot or air mattress. Ground sleeping is not very close to what most of us are used to.

Fresh air and more movement certainly help us to be more tired when we are camping but there are plenty of other factors that may support keeping us awake. Unfamiliar noises can dramatically impact sleep. Ear plugs or some kind of white noise maker may be helpful.

Additional Sleep Resources: [Camping Sleep - Project Camping](#)

Camping with Kiddos Sleep tips: [13 Ways to Help Kids Sleep While Camping - Tales of a Mountain Mama](#)

Choosing Sleep System – Tent: [How to Choose the Right Camping Sleep System | Backcountry.com](#)

## Mindful Moments

### Appendix G

Most of us have heard that buzzword “mindful” but what does it really mean? Essentially, attending entirely to the present moment with full awareness and acceptance of what we are perceiving. Judgement often prevents us from experiencing mindfulness and therefore the clarity and joy that are available in our quiet moments.

Nature makes accessing mindfulness much easier. And most of us are more engaged with nature when we are camping than in our regular lives. Nature’s benefits feel much more accessible when we are camping, even in an RV or cabin. Breathing deeply is easier to do when we have fresh air to introduce to our lungs.

Creating these peaceful moments with nature is as easy as putting your camp chair in a sunny spot on your campsite and plopping your booty down, face to the sun. We may also find hiking, any variation of boating or floating, fishing or just walking around the campground to be helpful ways to connect to the present moment in a curious and enjoyable way. Remember to give yourself grace if quiet moments feel uncomfortable, nothing is wrong - they’re just unfamiliar.

Connecting with others mindfully is built into the camping experience. Sitting around the campfire at night is an incredibly generous invitation to chat, connect and relax together while enjoying the mesmerizing view of fire consuming wood. Eating in nature also amplifies the benefits we receive not only from our food but from the experience of sharing meals together.

Nature supports curiosity – “I wonder what made that?” or “Look at the beautiful \_\_\_\_\_!” And curiosity is linked to happiness and joy. So, if you feel inclined to do something, even if its out of character – do it. Being mindful to respect ourselves and those around us along with safety considerations makes true enjoyment even more accessible.

Wishing you many mindful moments and nourishing adventures this camping season!

### Mindful Moment Resources

[Practicing mindfulness in the great outdoors– Viva Fifty!](#)

[Hack Your Routine to Create More Mindful Moments -- The Iceberg Method | Mindful Ambition](#)

[My Top Three Secrets for Creating Mindful Moments - Wildewood Learning](#)



# Happy Campers! Activities & Games

## Appendix H

Let go of electronics and jump into connecting fun in person. Many of us have spent even more time in front of screens this year than ever before. Camping is an excellent opportunity to connect and have fun without a screen in sight. But, like many aspects of life, when we don't do something for a bit we forget. Below are some excellent ideas to get your playful and creative wheels moving again. Enjoy!

### Fun, Fun for Everyone!

13 Fun and Easy Camping / Hiking Games - <https://youtu.be/yNBx8HgPo4A>

Super Fun Camping Games for Kids - <https://youtu.be/TmGiDd5kqEw>

[15 Camping Games for Adults, Teens & Kids \(brokenheadholidaypark.com.au\)](http://brokenheadholidaypark.com.au)

[25 Best Camping Activities - Fun Camping Games for Kids and Adults \(goodhousekeeping.com\)](http://goodhousekeeping.com)

[21 Best Family Camping Games - Childhood101](http://Childhood101)

### Families with Tween / Teen Campers

[10 Camping Activities For Teenagers - TakeOutdoors](http://TakeOutdoors)

[15 Fun Camping Activities And Games For Teens \(momjunction.com\)](http://momjunction.com)

### Adult Only Activities & Games

[12 Easiest & Fun Camping Games for Adults! \(Apr 2021\) \(outdoorcrunch.com\)](http://outdoorcrunch.com)

[Camping Games for Adults to Guarantee an Unforgettable Trip – Rallt.com](http://Rallt.com)

[10 Group Camping Games and Activities for Adults | LoveToKnow](http://LoveToKnow)

[Campfire Games: Top 8 Games for Adults \(And Maybe A Few Drinks\) \(wideopenroads.com\)](http://wideopenroads.com)

[10 Simple Camping Games For Adults Make You Really Excited \(2021\) - Bearinforest](http://Bearinforest)