

Going Camping



A family roasting marshmallows at a campfire.

CAMPING BEFORE YOU GO

Tent Camping:

- If you are bringing your own tent, you can help prepare your child by showing them the tent before the trip. If space allows, having a practice camping trip at home (in a room or outside) can help better prepare the child for the ins and outs of sleeping in a tent.
- Assembling the tent can be a time consuming and/or frustrating experience
- If you do not have your own tent, you can prepare child with pictures and describe the setup of the tent to them. Showing them the inside and the outside can be helpful, as well as drawing a picture to show how the inside will be set up (sleeping bags, sleeping arrangements, etc.).
- Help prepare your child for the outdoors by discussing the weather and how it can easily change, the noises they may hear, the types of activities you may do. For example, outdoor camping can involve using a community bathroom facility and/or a portable toilet. In a campground you may encounter strangers, loud noises and music, vehicular traffic, smoke and smells from grills and campfires, dogs, etc.
- Prepare through stories, pictures, and conversations with your child

Cabin/Indoor Camping:

- If you have booked a cabin online, you can help prepare your child by showing them pictures online of the place they will be staying.
- If you do not have access to this before-

hand, you can help prepare your child by discussing things that may be different about this cabin in comparison to your home, as well as things that may be similar to this cabin in comparison to your home.



A family campsite.

DURING YOUR TRIP

- Adjust activities you planned as needed, to help ensure your child is comfortable and enjoying themselves.
- If activities are planned that are new/not typical introduce them to your child ahead of time. By giving them time to understand and ask questions or hear more about it, they will be better prepared.

PROBLEMS

- Helpful things to keep with you during camping:
 - Water
 - Medicine in case of allergic reactions
 - Poison ivy, bug bites, food allergies

- Bug spray, sunscreen
- Change of clothes

- Light is a big deal at night when camping. Without it you can get stressed or injured. Flashlights are super important. You need at least one good working flashlight and a battery powered lantern for inside the tent with extra batteries. You can use a propane lantern but not safe inside a tent.
- By preparing ahead of time for these possible accidents, you will be better able to respond and assist your child



Campers resting in their tent.