



spotlight on health

Camping Made Fun And Easy

by *Josh Bernstein*

(NAPSA)—You don't have to be an outdoor adventurer to have a fun campout. Taking a few easy steps to prepare can help keep your family camping trip incident-free.



Josh Bernstein

Select the Right Campground

Whether it's a national park or your own backyard, where you set up camp could make or break your experience. Make sure your tent is on elevated ground in case of rain. Check whether there is a nearby water source and find an adequate cooking spot.

To make sure outdoor places remain vital now and in the future, don't forget to clean up when your trip is done. A good rule of thumb is to leave trails and campsites better than when you found them by collecting and properly disposing of your trash and any trash you find along the way.

Pack Essentials

Pack necessities such as a first-aid kit, water, a flashlight and any medication you may need. For instance, if you or a family member has allergies, remember to bring along an

allergy medicine. Make sure to keep any medicine you bring out of reach of children.

Create a checklist and follow it.

Be sure to test your equipment before your trip. You don't want to arrive at the campsite only to find your lantern doesn't work or realize you're missing a tent pole.

Plan Meals

Know how much food you'll need. Don't run the risk of not having enough food and water.

Cooking outside is much different from cooking in your kitchen. Before you plan your meals, make sure you know what method of cooking is available to you at the campground. While some campgrounds offer electrical hookups, many require you to cook by campfire or grill, so brush up on your fire building skills and safety rules.

Visit www.benadrylmoments.com, where you can pledge to enjoy outdoor moments with your family and friends and learn how you can support the National Park Foundation.

Josh Bernstein is an international explorer, wilderness survival expert and host on the Discovery Channel, who is currently helping McNeil Consumer Healthcare Division of MCNEIL-PPC, Inc., the makers of BENADRYL®.