CAMPING
➢ Sleeping in tents and campfires.

TWO TYPES OF CAMPING
(1) Frontcountry Camping
➢ “car camping”
➢ Planned on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.
➢ Camping on school grounds and on the local parks.
➢ Include travel-trailer camping.

(2) Backcountry Camping
➢ No amenities are readily available and motorized vehicles cannot reach the camping site.
➢ Require physical exertion: Hiking and Canoeing.

HOW DID CAMPING BEGIN?
▪ Native Americans used tents as shelters as did armies who were on the move.
▪ 100 years ago – recreational activity.
▪ Thomas Hiram Holding – father of modern camping – British traveling tailor
▪ Used to cross US in a wagon train heading for Oregon territory.
▪ 1880s – took a canoe and camping trip in SCOTLAND.
▪ 1894 – First Campers’ Handbook.
▪ Book about his bicycle camping experiences.
▪ 1901 – Association of Cycle Campers.

HOW DO WE PREPARE FOR A CAMPING TRIP?
▪ 1894 – First campsites was held on the Isle of Mann.
▪ 600 people per week.
▪ 1932 – First international camping was organized and the Federation Internationale de Camping et de Caravanning (FICC) was founded.
▪ Identifying the participants in the activity.
▪ Date, location, and itinerary.

WHAT ARE THE ESSENTIAL THINGS TO BRING IN CAMPING?
Clothes
➢ First line of defense so that the body can maintain an appropriate core temperature.
➢ Hypothermia – is a condition where the body temperature is below 35 C.
➢ Hyperthermia – is when the body temperature is above 37.5 C.

Layering of Clothes
a. Layer 1: Base Layer or Skin Layer
Synthetic Base Layer.
This is clothing next to the skin.
Cotton is best for warm and hot conditions.
The recommended fabrics are synthetics, wool or silk.
Thermal undergarment used for cold temperature.
Wool undergarments for even colder conditions.

b. Layer 2: Insulating Layer
Fleece Layer.
Worn over the base layer.
Helps you retain heat and trapping air close to your body.
Natural fibers like wool and fleece are excellent insulators.
In extreme cold and wet situations, an insulated jacket is usually worn.

b. Layer 3: Wind and/or Rain-Barrier Layer
Soft Shell Layer.
The outer layer, sometimes called the shell.
Protection from wind, rain, or snow.
Most important layer during bad weather.
Fit is also a consideration.
The most functional are those that are waterproof and breathable shells which use laminated membranes (having layers of materials) such as Gore-Tex.
Polyurethane-coated Nylon – waterproof and wind-proof, rainy days but with light activity.
Soft Shells – emphasize breathability of