

# A BEGINNER'S GUIDE TO THE OUTDOORS

## CAMPING WITH KIDS



### WHEN BRINGING A BABY

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A new space can be disarming and stressful to a baby, so limit the travel time. This way the baby will be less stressed from the ride and, if things don't go as planned or you have a very unhappy camper, you can easily pack up and go home. Pack some favorite toys, they can be comforting to your baby in a new environment. It is also important to keep things clean. Make sure you have access to potable water and you have ways to clean dishes, like boiling water to sanitize bottles. When camping with a baby you should make sure they are dressed in long sleeves and pants to protect them from the sun. To protect them from mosquitoes, bring a bug net.



### DRESSING IN LAYERS



#### A BASE LAYER

A synthetic t-shirt that will keep them dry



#### A MIDDLE LAYER

A fleece or insulated jacket depending on the weather



#### AN OUTER LAYER

An outer shell that is waterproof, but also breathable, so in all their running around and sweating they won't stay wet



### WHY NOT COTTON?

Choose synthetic or wool fabrics. Cotton is comfortable, but it takes a long time to dry and is not a good insulator.

## WAYS TO MAKE THE OUTDOORS FUN FOR KIDS

- ▶ Research places nearby and plan activities for during the day so no one gets bored
- ▶ Involve them in the process. Give them tasks like helping gather firewood, washing dishes, or unrolling sleeping bags
- ▶ Use nature for educational moments, like carry out what you carry in and other Leave No Trace principles
- ▶ If you're new to camping, try pitching a tent in the backyard or even in the house to get you and your kids more comfortable
- ▶ Pack a favorite toy or game
- ▶ Keep the meals simple, bring foods your kids like and pack ready to go snacks



**Check out our tips  
for cooking in the  
wild**



**Leave  
No  
Trace**



**MINIMIZE CAMPFIRE  
IMPACTS**



**BE CONSIDERATE TO  
OTHERS**



**RESPECT WILDLIFE**



**WALK AND CAMP ON  
IMPACTED GROUND**



**PLAN AHEAD**



**PROPERLY DISPOSE OF  
WASTE**



**LEAVE BEHIND WHAT YOU  
FIND**

<https://lnt.org/why/7-principles/>

## IF YOUR KIDS HAVE FOUR LEGS ...



Check to make sure pets are allowed and what the policy is at the campsite

### **Bring**

- ▶ A tether and stake so your pet can explore the campsite while being on leash
- ▶ Some poop bags so you can pick up after your pet
- ▶ A towel to wipe off your pet's muddy paws before they come in the tent or the car

### **Make sure**

- ▶ Your pet is up to date on its vaccinations and medication, you never know what animals or ticks it might encounter in the woods
- ▶ Your pet is wearing its collar and ID in case it slips off leash and runs away
- ▶ You ask yourself if you should be bringing them. You know your pet. Will they be a nuisance or danger to other campers, are they too old for this activity or will there be enough activities where a dog will be allowed?