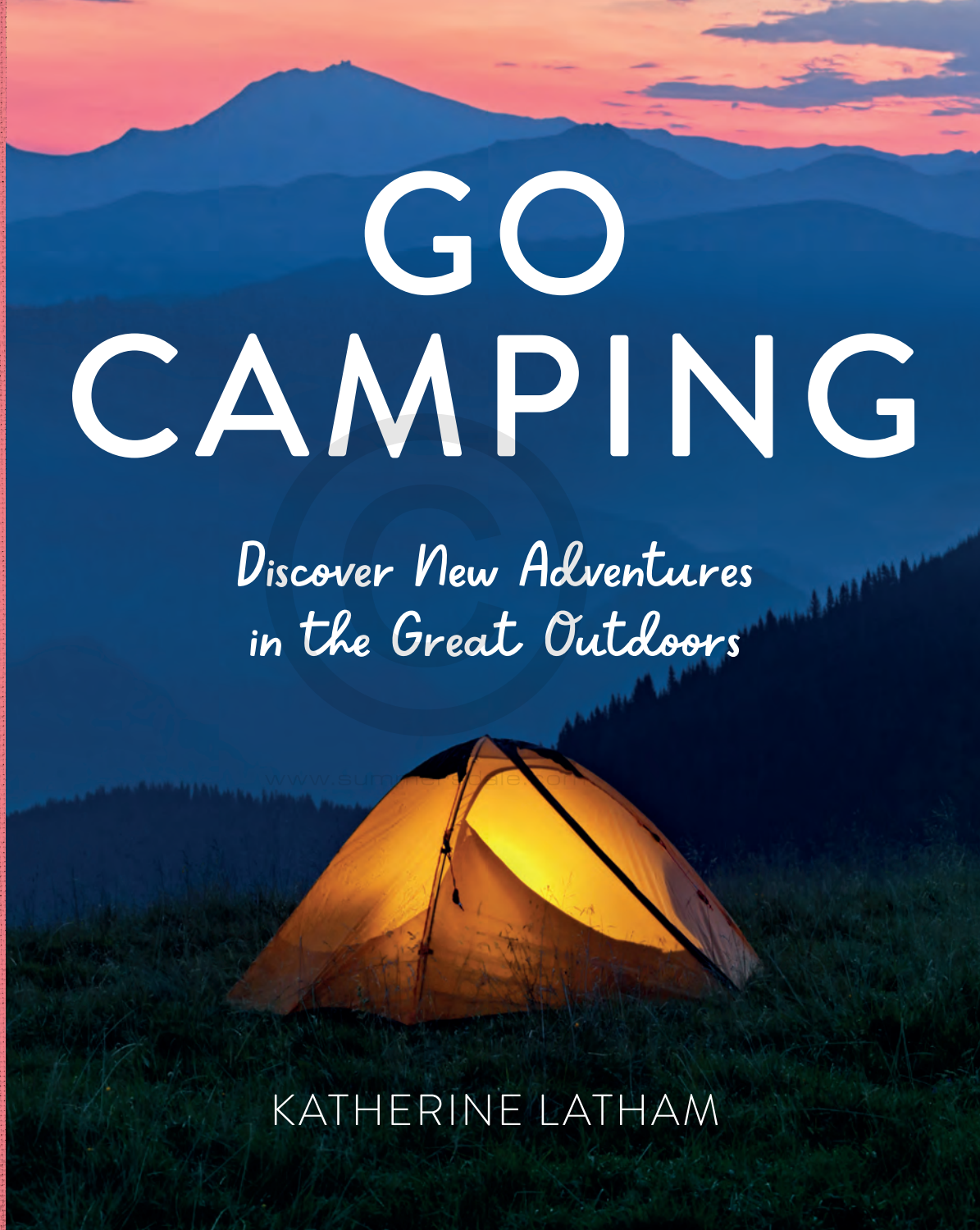

GO CAMPING

Discover New Adventures in the Great Outdoors

KATHERINE LATHAM

GO CAMPING

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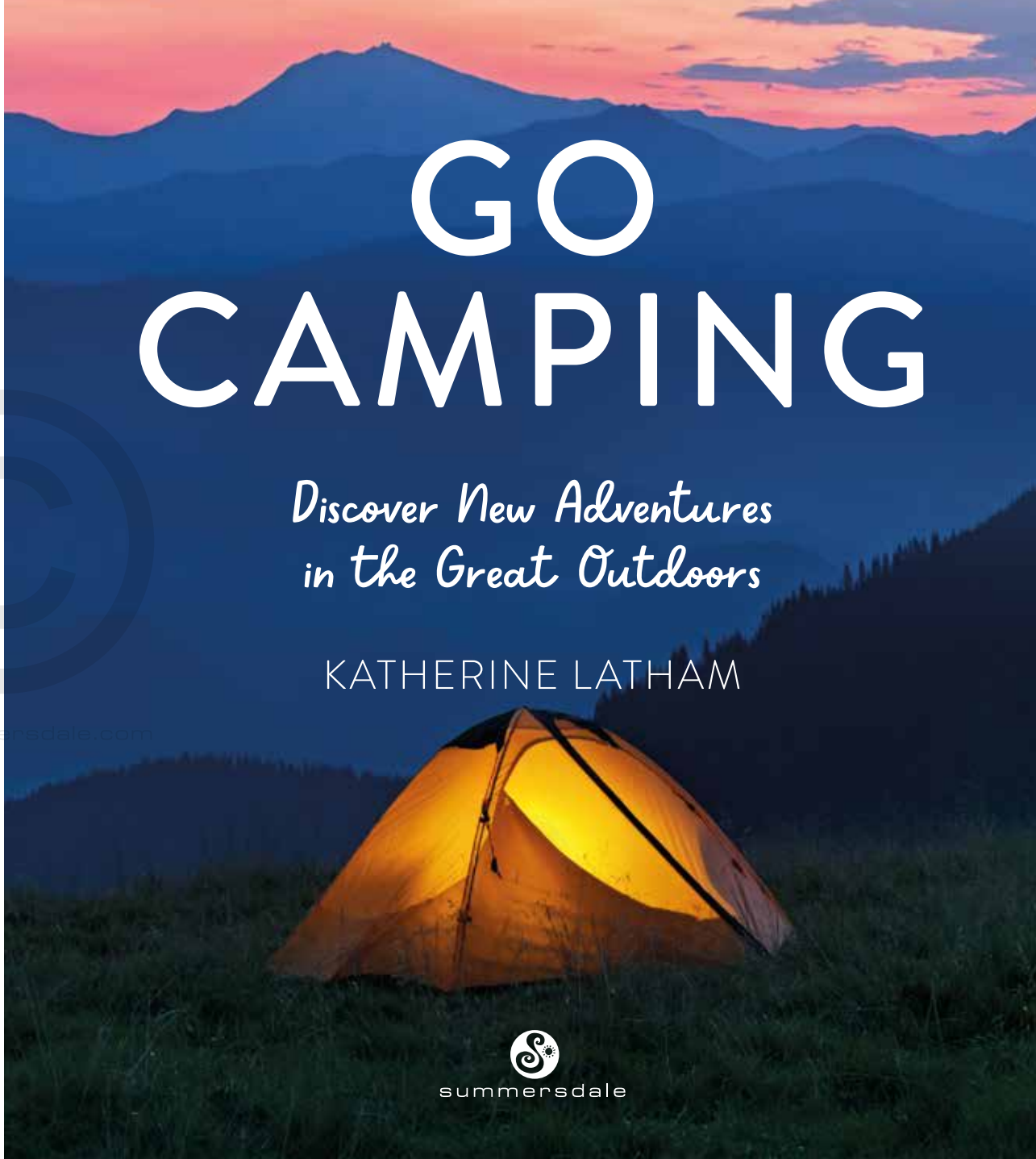

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INTRODUCTION

We live in a time of constant connectivity: always in demand, always available at the click of a button. Why not ditch the strains of modern life and head off camping?

Many of us feel drawn to the wilderness. Camping lets us escape the banality of everyday life and get back to the basics of cooking, exploring, breathing fresh air and just *being*.

Camping is, and always will be, an adventure. There is an element of the unknown that will give you a buzz – including sounds of nature in the depths of the night and pitch darkness outside your little bubble of lamplight. Immersing yourself in the elements in this way can be a truly freeing experience.

Rediscover your spark. Play, laugh, sing. Embrace your inner child and take time to enjoy the little things. Feel the cool air on your face when you unzip your tent first thing in the morning. Run your fingers through the dewy grass. Hear birds chatter as trees sway in the wind. Listen to the crackle of the campfire and watch as the embers dance in the starry night sky. Feel the warmth of your thick socks and woollen blanket, and the heat of the fire on your face as night begins to fall.

Rekindle relationships with the ones you love most. Work together to set up camp, build fires and cook over an open flame. Take your friends, your lover, your children, your dog – or just go alone. Whatever you choose, you'll make memories that will last a lifetime.

Live the life humans are built for. We are wild animals who belong outdoors. This book will help you get back to nature, find the courage to break out of the norm and experience the world as it should be experienced.

Look outside, the wilderness is calling you. What are you waiting for? Pack up and go camping!

THE JOY OF CAMPING

There is so much joy to be found in camping. You can choose your perfect spot, with the perfect view. Set up your tent and roll out your sleeping bag, then kick back and get ready to make lasting, happy memories.

Even just a day or two in the great outdoors is enough to reset. Getting off grid and going with the flow, with none of life's usual ties, frees the mind. Let yourself be governed by daylight, eat good food cooked over an open fire and bathe in the wonders of nature. There really is nothing better for the soul than camping.

TOP TEN REASONS TO GO CAMPING

Camping truly is a life-affirming experience. Here's why...

You get to wake up without an alarm clock. Surrounded by natural light, you rise when the sun does. It's also perfectly acceptable to go to bed when it gets dark, meaning many hours in bed, so you wake up feeling refreshed.

Sleeping bags are so snuggly. There's no scientific reason to explain this, but why is it that settling down inside a sleeping bag is so much cosier than a duvet?

It's a chance to have a campfire! After a day of walking or having outdoor adventures, you can reward yourself with a cosy evening round the fire before curling up inside your sleeping bag (see above).

You'll meet like-minded people. Socializing with fellow campers is what it's all about! From conversations about the latest tent models to simply sharing a mallet to hammer your pegs in, camping will bring you together with some wonderful people.

Visitors of the wild variety may drop by. Sleeping in the outdoors means wildlife will literally be on your doorstep.

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From rabbits to foxes, birds to bats, you'll always have guaranteed "wild nights out" when camping.

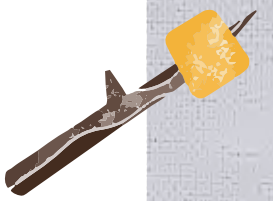
You have an excuse to leave your phone at home. Embrace the fact that some campsites are off-grid and that camping will give you the chance to reconnect with the natural world. It's time to set your Facebook status to "completely happy" and enjoy!

Stars will always beat any ceiling. It's amazing how a night spent gazing at the blanket of constellations up above can remind us just how big the world is... and how lucky we are to be in it.

It's cheap! Once you've made the initial outlay of buying your kit, you suddenly have the chance to sleep in some of the best places in the world for the smallest of price tags.

It can be as mild or as wild as you'd like. Just because you're outdoors, it doesn't mean you have to be Bear Grylls. If you want to bring everything plus the kitchen sink – do it. Equally, if you want to go super-light and wild-camp in the hills – do it. The choice is always yours.

You start to realize the best things in life aren't "things". When you're watching that sunset or talking to your family and friends, minus the distraction of smartphones, TV or anything else, you'll really begin to appreciate the wonderful world around you.



THE MAGIC OF CAMPING

Camping fact: in 2013, the University of Colorado studied the effects of artificial light on the human body clock. They monitored a group of people who were exposed to a normal (small) dose of outdoor light plus indoor lighting every day for a week, and then got the same group to camp out for a week, with natural light only (no electric lights were allowed). They found that when people's body clocks were synchronized with sunrise and sunset, they experienced better physical and mental health than when they weren't, which explains why camping makes us happy, even when it rains...

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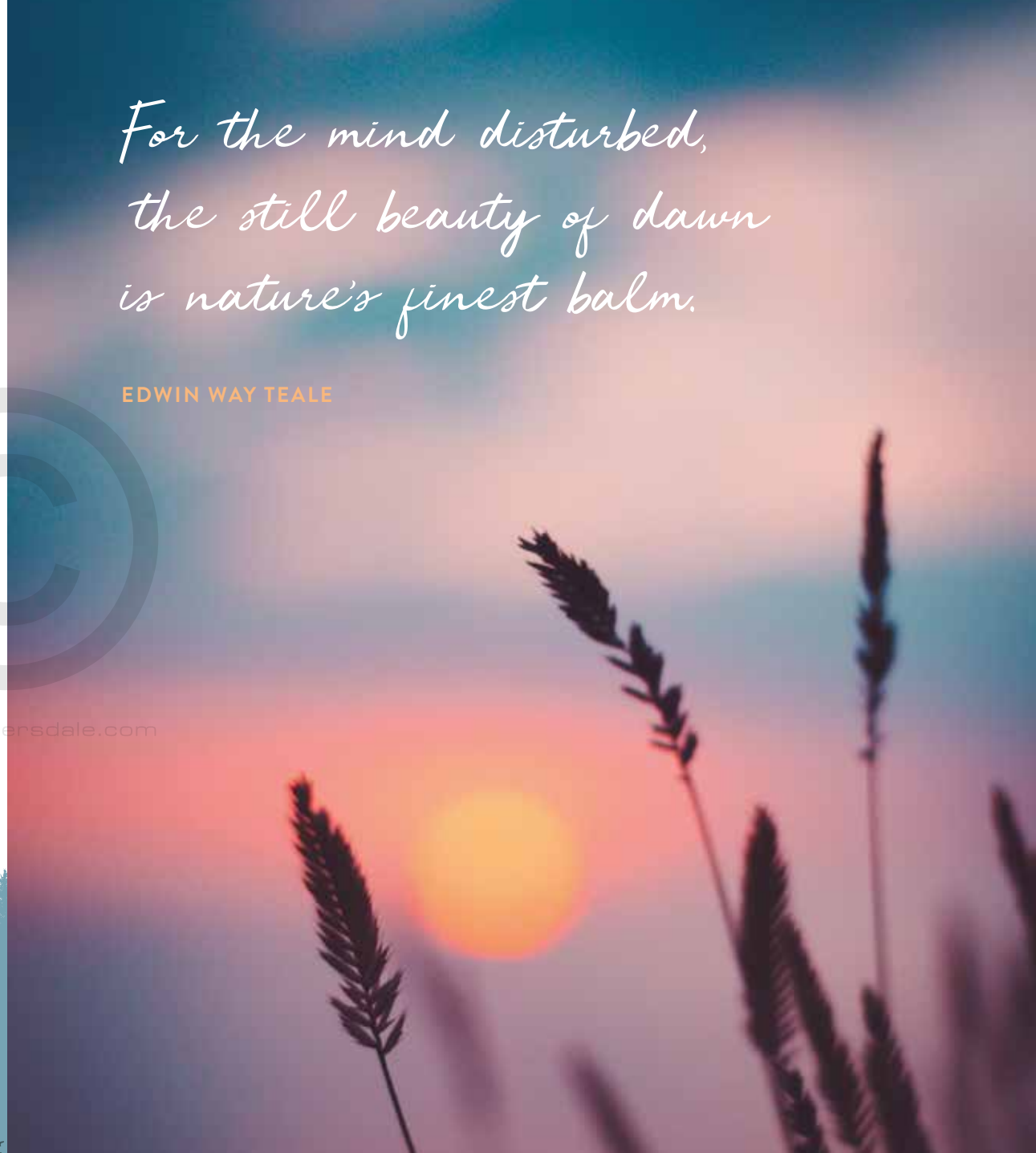

CAMPING AND WELL-BEING

We all know that being outdoors and getting active in the fresh air makes us happy, as well as keeping us fit and healthy. But did you know it can also help you live longer, sleep better, improve your memory and even boost creativity? With camping, you get to heal your soul, move your body and feel truly alive. Here's how...

FRESH AIR

Studies have shown that our bodies benefit from the extra oxygen found in the great outdoors. Not only that, but fresh air is also shown to lower blood pressure, help digestion and boost your immune system.

REDUCED STRESS

As many sites are situated in remote areas, when we pitch camp we often find ourselves cut off, with no phone signal or Wi-Fi. This gives us time to switch off and reconnect with nature. We also have more mental space to think creatively and our stress levels are lowered, which, in the long term, can increase lifespan.

SUNLIGHT

The extra melatonin you get from the huge amounts of natural light you're exposed to as a camper has been shown to improve your mood, with campers consistently reporting feeling happier than non-campers.

ACTIVITY

Even putting up a tent will get you moving! Plus, as there's only so long most of us can sit still inside a tent with the outdoors right on our doorstep, most campers are more physically active. This improves both heart and lung health.