

Campfires, Critters and S'Mores

Mom's Guide to Cmapping Solo

By Kim Learnard

1. If Mom Likes to Camp, Her Family Camps
 - Why a Family Campout?
 - Reconnect With Your Family
 - Bring Out the Best in Your Children
 - Camp for Attitude Adjustment
 - Camp for Adventure
 - Family Dinners
 - The Campfire
2. Anticipation is Half the Fun (and Other Myths)
 - "Mom's Night Out" Takes on a Whole New Meaning
 - Camping Without a Man
 - Birds of a Feather Camp Together
 - When to Camp
 - Where to Camp
3. Geared Up
 - Campsite Gear
 - Cooking Gear
 - Personal Gear
 - Gadgets and Gifts
4. S'mores... They're Not Just for Breakfast Anymore
 - The Camping Menu
 - Packing the Groceries
 - Easy Cooking Methods
 - Favorite Family Recipes
5. Get Ready, Get Set, Go!
 - The Countdown
 - Choosing a Campsite
 - Setting up Camp

6. What on Earth To Do
 - A Day in the Life of a Camping Mom
 - Hiking
 - Fishing
 - Canoeing
 - Rafting
 - Bicycling
 - Campfire Fun
 - Rainy Day Activities
7. Walk Softly and Carry a Big Stick
 - Low Impact Camping
 - Low Impact Campfires
 - Respect the Signs
 - Critter Caution
 - Ecology
 - Teach Your Children Well
8. Camping Safely

9. Other Camping Options
 - Primitive Camping
 - Group Camping
 - Backpacking
10. Bringing it All Home
11. Resources