

OT APPROVED CAMPING RECOMMENDATIONS

RECOMMENDED GEAR TIPS & TRICKS

- Use headlamps at night for a hands-free experience and safety purposes
- Use portable string lights to guide you to/from the entrance of your tent or on the ground to your vehicle
- Bring a rake to clear walkways and level the ground to reduce risk of fall
- Bring a taller air mattress (12in-24in) to improve ergonomics and reduce distance from the ground
- Place a sturdy pole or table near the head of your bed to help improve balance when getting up/going to bed
- Bring cooler, luggage, and wagon with wheels to roll rather than carry items
- Unload items into wagon and pull to improve safety and proper body mechanics
- Bring camping chairs that have sturdy arms to support you when standing up

ORGANIZING & PACKING GEAR

- Use an equipment checklist to eliminate forgetting items
- Spread equipment out near vehicle to visualize where items may fit prior to packing car
- Communicate ideas out loud with someone to get a second input
- Separate gear (i.e. tent, cooking, lighting, warmth, etc.) into labeled bins for easy access and organization
- Heavy items should be placed near the car or trunk doors for easy access and to maintain proper body mechanics when lifting
- Place wagon on top for easy access to transport rest of the heavy items in
- Place important travel or essential camping items (i.e. tent, tarp, lighting) at the top of pile for quick and easy access
- Always bend legs when lifting heavy objects and bring them close to your core to improve center of gravity and reduce risk of fall or injury.

TRANSPORTATION

- Plan out when, where, and how long you plan on staying at the campground
- If you plan on staying for a long period of time, find nearby grocery stores for supplies if necessary
- Make a reservation and confirm your site time and location to stay organized and reduce stress
- Print out maps of navigation to/from site, campground layout, and any activities you may do in case you have no service at site
- Map out rest stops for your travel day
- Make sure you have snacks and hydration packed close to you on your travel day
- Communicate with your travel companions and make sure everyone is on the same page!

SETUP CAMPSITE

- Once you arrive, analyze your site
- Rake site clear of any sticks, stones, branches, or debris that could cause a fall
- Walk around site and find flat even ground to set up your tent or gear
- Set up your tent and lighting before the sun goes down (Spread lighting around campground to reduce risk of fall at night)
- Prepare and assemble tent with a partner to increase efficiency and safety
- Nights will be DARK... set up lighting around campground to reduce falls
- Put portable string lights on the ground to guide you to and from your tent or other frequently used equipment on-site.
- Walk around campgrounds to identify closest sanitary facilities, garbage bin, and water source.
- Gather kindling and supplies for your firepit prior to the sun going down

COOKING

- Set up the cooking station away from wind and on a flat raised surface to reduce the amount of bending and energy expenditure (i.e. picnic table)
- Sit when cooking to conserve energy and improve balance (bring arm chair over if needed)
- Organize and spread out utensils and cooking supplies to visualize/plan the meal
- Have people help cook and clean to make it more efficient
- Use a portable camping stove (lighter weight) or grill over the campfire to pack compact
- Plan out easy meals prior to your trip to eliminate stress and reduce forgetting food items or meals

SLEEPING

- Try to use sanitary facilities and get ready for bed before the sun goes down
- Bring toiletries and sleeping supplies in one container (i.e. hands-free options: backpacks, shoulder bags, bag with loop to slip hand through).
- Make a checklist at home to not forget any essentials (i.e. medications, topicals, sunscreen, toothbrush/toothpaste, etc.)
- If navigating to sanitary facilities at night use hands-free headlamps
- Use a buddy system! Go with a partner for safety.
- Make sure you set up items comfortably by bed for a quick grab if necessary (i.e. water, extra warmth, flashlight/headlamp, bear spray, etc).
- Prepare to change in your tent, feel free to sit on your air mattress to change safely and reduce risk of falling