



CAMPING



CHOOSING THE RIGHT TENT

The first thing to look at when purchasing a tent is what you'll be using the tent for.

Will you mainly be doing car camping or back country camping? Is it just you or is it for a whole family? Do you camp all year round or just in the spring, summer and fall?

If you're going to be hiking quite a way to get to the camp site weight is a very important feature. If you're car camping size and comfort might be the main focus. If you're doing any winter camping you'll want a tent made of a thicker material. It will also need more poles to give it support under the weight of the snow.

The materials the tent is made of is another important feature. Canvas is very durable but

heavy, nylon is very light and polyester has good resistance to sun exposure.

You should look at different styles of tents as well. The dome tent is smaller and easy to set up. The cabin tent is more complex in set up but it has a higher ceiling and often has more windows.

There are also a few options when it comes to poles. Fiberglass is very durable and Aluminum is lightweight. You'll want to remember to bring a good fly for rain protection as well. Once things get wet it's often difficult to find a place to dry them out.

The last thing to look at are the seams of the tent. They should be sealed for waterproofing. This is achieved through taping and applying a sealant to any seams that may be exposed. If the seams start to leak again over time you can reseal them with seam sealer.

INSIDE THIS ISSUE	
Choosing the Right Tent	1
Hiking	2
Canoeing and Kayaking	2
Back Packs	3
Sleeping	3
Footwear	4
Natural Insect Repellants	4



BACK TO HEALTH WELLNESS CENTER

240 Catherine St. S. 100
Ottawa, Ontario
K2P 2G8

Phone: (613) 237-3306

Fax: (613) 237-3100

www.back2health4you.com

Reception@back2health4you.com

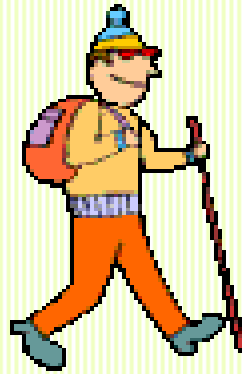
HIKING TIPS

Hiking is a popular activity when camping. Before you head out here are some tips.

For daytrips there are a few things to remember. It's important to have a route planned and to let someone know where you're headed. You should also estimate the time it will take to get back to camp. 4 to 6 km/hour is average to speedy on flat terrain. Don't forget to add time for climbing. You want to make sure you get back before dark because it's really easy to get lost in the woods after dark.

Stay hydrated. Don't forget to bring some water with you on your hike. Dehydration can cause muscle cramps, fatigue and muscle pain.

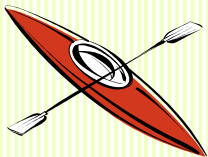
For overnight and multi-day backpacking you will need to do a lot more preparation. First you'll need a good



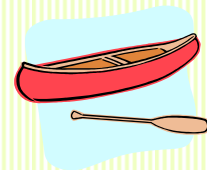
pack to carry all your gear. (check out the write up on packs on Page 3) Your gear will most likely include a light tent, a compressible sleeping bag, an insulated pad to sleep on (like a thermarest), a stove, food and the clothes you'll need. It can be difficult to decide what to bring and what needs to be left behind.

Over-packing can be painful and exhausting. Under-packing can be just as bad when you find yourself hungry and/or exposed to the elements. You can find tips for lightweight packing at the Mountain Equipment Co-op website www.mec.ca.

Lastly, don't forget to wear supportive footwear. You'll want to break them in before you go hiking if possible. Hiking with sore blistered feet or a sprained ankle can be unpleasant or downright dangerous.



STRETCHES FOR CANOEING AND KAYAKING



Before starting your day on the water it's a really good idea to go through a stretching routine. This helps warm up your muscles and can help reduce the risk of injury.

The areas that should be stretched include the shoulders, arms and forearms. This should be followed by stretching the torso (rotation) and stretching the low back and hamstrings.

It's also really important to stretch properly. You should hold a stretch for a minimum of 30 seconds and you should never bounce when stretching.

When you feel a stretch you have gone far enough. There's no need to stretch to the point of pain. You'll be doing more damage than good.

Maintaining good alignment while stretching is also important otherwise you could be damaging muscles in another area of the body while doing the stretch.

If you have any questions or would like help deciding what stretches you should do and how you should do them feel free to ask any of the health care providers at Back to Health.

BACK PACKS

When getting a backpack, like a tent, it's important to look at what you'll be using the pack for. There's a wide variety of backpacks to choose from.

For day-tripping there are small daypacks ranging in size from around 15-35L. These packs are usually soft and they may have a waist belt to help center the pack on your back.

For things like climbing and other day trips that need more gear or overnight trips the Alpine type pack is a good choice. They're medium sized, offer some stiffness and have a more substantial hip-belt than daypacks.

On a multi-day trip you'll want the larger Backpacking Pack. These packs have a rigid

frame that transfers some of the weight off your shoulders and onto your hips.

Backpack fit is another factor that can't be forgotten. There are many different sized backs and packs out there and figuring out which one is best for you and your needs is not always obvious.

Be sure to go to a reputable seller of backpacks. The staff at stores like Mountain Equipment Co-op are trained and can not only help you choose the right style of pack, they can help you find one that fits you properly.

We have a number of examples of backpacks in the clinic for the month for you to get a better idea of what's out there.

SLEEPING

Some people find it difficult to get a good night's sleep while camping. There are some things you can look at when pitching your tent that can help. Look for a smooth and level area that has some good wind blocking plants growing near by. Avoid low lying areas because they may be cooler and damp.

Make sure your sleeping bag is good for the temperature at the time. There are sleeping bags for 3 season camping and for winter camping. Some sleeping bags can be zipped together with another to make a double sleeping bag for couples. There are mummy sleeping bags that give a snugger fit and tend to keep you warmer. These mummy sleeping bags also have a hood that you can tighten around your head. The fill in your sleeping bag will depend on what kind of camping you're doing and how much weight you want to carry.

If you've got the space a travel pillow is quite nice and prevents those nasty kinks in the neck, but many people can't justify the added weight and space and just use a rolled up sweater instead.



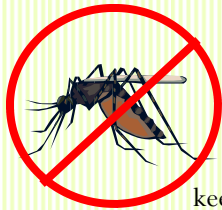
Try a self inflating mattress like a Therma-rest for a more comfortable sleep. They're lightweight and take up very little space.

FOOT CARE

Choosing the right footwear for your activity is extremely important while camping but taking proper care of your feet involves more than just buying the right shoes.

It's very important to let your feet dry out to avoid things like athlete's foot. When you get the chance, take your footwear off and let your feet air out. If this isn't possible get out of your wet shoes and put on a pair of dry socks as soon as you can.

If you notice your sandals are getting a bit smelly there are a few things you can try to get rid of the smell. For sandal beds made of suede you can gently scrub them with a bit of mild detergent and warm water. You could also try a combination of baking soda and salt water. Make sure you rinse them well afterwards. For sandals made of synthetic materials you can rinse them well afterwards. For sandals made of synthetic materials you can try a product made specifically for synthetic materials like Sandal Suds.



Natural Bug Repellants

There are a number of ways to keep the bugs away without showering yourself in chemicals. Many plant oils such as eucalyptus and citronella are commonly used. You can also throw some sage or rosemary on the campfire. Eating lots of garlic is a great way to keep the bugs away but it might also keep the people away. Rubbing Thai lemon grass (available in Asian grocery stores) on your skin is another method of pest control.

No matter what you're using you should do a small test patch before applying it all over. Some people do have negative reactions such as rashes and itching

from the products.

Other things you can do to avoid insects are:

- Stay indoors between dawn and dusk. Bugs are most active at this time of day
- Avoid dark coloured clothing as it attracts bugs
- Don't wear strongly scented perfumes, deodorants or other toiletries.
- Stay away from areas with stagnant water. That's the breeding grounds of insects like mosquitoes.

"Where the athletes go"

Back to Health Wellness Center

240 Catherine St. Suite 100
Ottawa, Ontario
K2P 2G8
Phone (613) 237-3306
Fax (613) 237-3100
Www.back2health4you.com



Dr. Barbara Rodwin, B.Sc., D.C., D.Acu,
A.R.T.

Keri-Lyn Dudgeon, B.Sc. (H.K.)
Trevor Nootenboom, R.M.T., A.R.T.
Rina McNairn, R.M.T., A.R.T.
Jeffery King, R.M.T., A.R.T.
Lee-Ann Solomon, R.M.T.
Angie Dale, R.M.T., A.R.T.
Adrian Das R.M.T., A.R.T.