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Adaptive Camping

Moving beyond the pavement and surrounding oneself with nature is refreshing and fun! We believe people of all ability levels should enjoy spending a night in the great outdoors. Use this worksheet to prepare for your adaptive camping trip.

<p>Decide on a campsite</p> <p>Are you looking for something more secluded, or closer to trails and activities?</p> <ul style="list-style-type: none">• State or National Parks• Private campsites (such as KOA)• Dispersed/undeveloped (legal on most National Forest and BLM lands)	<p>What type of campsite do you prefer?</p>
<p>Research facilities</p> <p>As you're evaluating campsites, specifically look for what options they have for these facilities:</p> <ul style="list-style-type: none">• Bathrooms• Hygiene (showers and sinks)• Food storage (safe from wildlife)• Cooking/eating (self preparation or eating out)	<p>What facilities are available?</p>
<p>Consider types of beds</p> <ul style="list-style-type: none">• Ground• Cot• Hammock	<p>What bed will you use?</p>
<p>Decide on a tent</p> <ul style="list-style-type: none">• Family size (large enough to maneuver wheelchair)• Hammock• Car	<p>Where will you sleep?</p>
<p>Figure out how you'll transport your gear</p> <ul style="list-style-type: none">• Car• Truck• RV (accessible or with add-on ramp)• Friends/family	<p>How will you transport your gear?</p>