



Women's Health
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Light right

As anyone who's fumbled to a long-drop toilet in the dark knows, a source of light is a camper's best friend. Our tip: go battery free – relying on AAs (and you remembering spares) is not the surest recipe for camping nirvana. **OUR PICK** Spinifex Northstar rechargeable lantern (\$99.97, Anaconda). Charge up this battery-free lantern at home for 4.5 hours of light. After that? One minute of winding the handle will give you 20 minutes of light. And great biceps.

Cook up a storm

Campfires are fun, but too risky in summer – no one wants to start a bush fire. Camp stove it is, then. **OUR PICK** Cobb Premier Portable Cooker (\$239.97, Anaconda). This will cook almost anything (steamed veggies, freshly baked bread...), and is klutz-proof: even if you pick it up while cooking you won't get burnt.



Lie low

A leaky air bed is no fun. If this happens to you, find the hole quick by spraying on soapy water – it will bubble. (Or just get a new one!) **OUR PICK** Pacific Outdoor Equipment Eco Thermo 6 Bamboo sleeping mat (\$189.95, Sea to Summit). This rolls up in a dinky bag and has stellar eco credentials: it's made from bamboo-based fibre fill, undyed bamboo fabrics and recycled aluminium valves.



Keep it green

Help nature's health with these three eco-minded tips from Cameron Crowe, executive director of Leave No Trace, an organisation that promotes responsible outdoor recreation.

1. Go prepared
Don't bargain on the campsites having bins. "Whatever you take in, you need to pack out," says Crowe. Yet one of the most-forgotten items on camping trips is a rubbish bag. If you're not a fan of plastic bags flapping around, try the lightweight, hard-wearing Trash Dry Sack (far right). Stick your bin liner in it and you're set – the clip-in loops allow for easy hanging, and the roll top closure means it won't stink you out, or attract flies. \$29.95, Sea to Summit.

2. Wash right
Going camping in the bush sans loos or showers? "Any toilet behaviour or washing should be done at least 100m away from rivers or streams so you don't pollute waterways," says Crowe. Ditto washing kitchen utensils – stay at least 50m away. "And always use biodegradable detergents," he adds. Try Wilderness Wash (right) – it works on dishes, clothes and even you. Genius. \$6.95 for 100ml, Sea to Summit.

3. Don't be weedy
Not cleaning your tent and boots isn't just bad news for your car. "The spreading of weeds is a much bigger issue than you'd think," says Crowe. "They can attach to clothing or equipment like groundsheets. When you take a weed from one location to another it can get into rivers – and they're hard to eradicate. The solution? "Make sure you don't carry any mud on boots, equipment or tyre treads – clean it all before you leave and before you set off to come back."



Check out yahoo7.com.au/womenshealth for more hassle-free camping tips and products

