

Cool Camping Out.....

(Special to The Times)

Instead of staying home some crisp fall weekend and moaning about summer's demise while you rake leaves or put up the storm windows, go camping.

Campsites are quieter and less crowded than in the summer and cooler temperatures mean fewer bugs. And, of course, there's the fall foliage.

Fall camping requires a little different equipment and clothing, but offers just as many fun things to do as summer camping.

Because of the possibility of cold nights, you might want to bring a down sleeping bag. Be sure to check the manufacturer's temperature ratings for these bags. You don't need an expensive one designed for polar expeditions; but you'll need one rated chillier than "cool."

Or, if you don't want to invest in a down bag, wool or heavy army blankets tucked around a summer bag should keep you warm enough. A foam pad or air mattress to keep you off the cold ground, even if your tent has a built in floor, is also helpful.

A piece of plastic to place over your woodpile to protect from frost and rain is a small but wise investment, too.

For clothing, wool garments — sweaters, shirts — are the best; they'll keep you warm even if they get wet. Medium weight coats or parkas are sometimes necessary, but nylon or lightweight windbreakers worn over sweaters can keep you warm on most days.

Windbreakers are also good because you can take off in layers whatever clothes you don't need if you get warm hiking.

A pair of gloves is handy for cold nights or fixing breakfast in the morning.

Along with your regular food, bring dry soups and powdered hot chocolate to replace summer's iced tea and soda.

Oatmeal makes a great hot breakfast; it's also easy to prepare, takes up little room, and is light enough for packing if you plan to carry your gear any distance.

A thermos is a good idea if you plan to hike.

ON THE COVER...

The delights of roasting marshmallows are multiplied on a chilly fall day. Keith McDonnell of Kingston gets a tasty treat after his stint at a warm campfire at Westcott's Beach. (Photo by Brian Kelley)



—Times Staff Photo by Brian Kelly
The last of Fred Hicks' venison catch stews over a Westcott's Beach campfire as Mr. and Mrs. Hicks, 516 Clay St., spend a few days outdoors.



Keith and Janet Pender's van keeps them off the chilly autumn ground at Westcott's Beach,

—Times Staff Photo by Brian Kelly
during a weekend away from their Syracuse home.

Actually, it's pretty simple to prepare for fall camping. These items plus your regular summer gear (tent, cooking utensils, lanterns, rain gear, etc.) are sufficient.

Now, for the things to do once you get to that favorite spot.

Probably the most enjoyable activity is simply going for walks or hiking in the woods. You'll find, because of the cooler weather, that you can go farther in the fall than in the summer. And the woods are more interesting than in the summer.

Plan a picnic — this will take up time usually spent in the summer swimming.

On a hike, there's no need to have the kids tugging at your coat to turn around. Plan a few contests to keep them interested.

For instance, get a paperback book on tree and plant species and offer rewards for the child who can identify the most species. The same goes for birds or small wildlife likely to be encountered in the woods this time of year.

Or collect pine cones for decorations to be made at home later. Or get a paperback book on edible wild plants, fruit, and nuts and search for wild morsels for a concoction of autumn delights.

Making a "leaf hat" with scarlet and yellow Maple leaves may appeal to some kids. Collect an armful of Maple leaves then start with one leaf.

Simply break off the stem at the base of this leaf. Overlap the top, pointed portion of another leaf with the base section of the first leaf.

Then take the stem which you broke off the first leaf and "pin" the overlapping leaf (like you would pin a cuff with a sewing pin) to the first leaf.

Just repeat the process with additional leaves, beginning with breaking off the stem of the leaf you have overlapped to the first leaf. You can stop with just a garland type hat, or you can build successively smaller rings and pin them with broken off stems to each other to build up the hat.

Now, if you just want to relax... find an open field or clear river bank, spread out your coat or a blanket, and just lie down in the sun, stealing a few last hours of warmth before winter sets in.

Those chores you left behind at home can always be done next weekend.

Parks Still Open:

Several state parks are still open for fall camping. And the parks have the same facilities open in the fall which are open in the summer at the same rate of \$3 for tents, \$3.50 for trailers per night.

For the weekend camper, several state parks are open for a few weeks.

Open until Oct. 12 are Cedar Point, Kring Point, Long Point, Robert Moses at Barnhart Island, Westcott Beach.

Southwick Beach and Jacques Cartier close Oct. 18.

These parks are along the St. Lawrence River or Lake Ontario. For the weekend camper who prefers an inland, mountain type setting, the Cranberry Lake campsite in the Adirondacks is open without a caretaker until Dec. 3.

Camping is free at Cranberry Lake and other state parks without a caretaker, but campers must obtain a permit from the local forest ranger. His or her name and location are posted at the site.

For persons with a long weekend, or who are planning to spend several days camping, the other campsites without a caretaker

open until Dec. 3 are: In Clinton County, Ausable Point; Delaware County, Little Pond; Essex County, Crown Point, Paradox Lake, Putnam Pond, Sharp Bridge.

In Franklin County, Buck Pond, Meacham Lake, Fish Creek.

In Hamilton County, Brown Tract Pond, Golden Beach, Lake Eaton, Moffitt Beach, Sacandaga, Lake Durant, Point Comfort, Little Sand Point, Forked Lake, Poplar Point.

Campsites in the state open with a caretaker until the date indicated are (at these you must obtain a permit from the caretaker and pay a fee):

Oct. 17, Essex County; Wilmington Notch; Warren County, Lake George Islands.

Oct. 24, Fulton County, Northampton Beach; Ulster County, Woodland Valley; Warren County, Rogers Rock, Heartstone Point.

Nov. 7, Franklin County, Fish Creek-Rollins Pond.

Nov. 21, Hamilton County, Eighth Lake, Lewey Lake and Indian Lake.

Dec. 3, Greene County, North Lake.

Calls for So

By Larry Cole
Staff Writer of The Times

Hypothermia.

The word is unknown to many, but means the number one killer of outdoor recreationists.

Now that the fall camping season is upon us, and in a few months cross-country skiers, snowshoers and winter campers will be out in force, it is wise to be aware of hypothermia and how to prevent it.

Hypothermia is the rapid, progressive mental and physical collapse that accompanies the chilling of the inner core of the body.

It can kill a person in five minutes. Hypothermia is caused by exposure to cold, aggravated by wet, wind, and exhaustion.

To prevent it, choose rainclothes that keep out wind-driven rain and that cover the head, neck, trunk and legs. Ponchos are poor protection against the wind.

Woolen clothing is best to prevent hypothermia: two-piece woolen underwear or long wool pants and sweater or shirt. Include head gear that also protects neck and chin. Cotton underwear is worse than useless when wet.

Carry high energy trail food — nuts, candy, raisins, dried meat — and keep nibbling.

It's a good idea, when fall or winter camping, to keep a chocolate bar handy during the night and take an occasional bite whenever possible.

Take along some reliable fire starters.

Cold kills in two distinct steps. The moment your body begins to lose heat faster than it produces it, you are undergoing exposure. Two things happen: either you voluntarily exercise to stay warm, or your body makes involuntary adjustments to preserve your normal temperature in the vital organs. Either response drains your energy reserves. The only way to stop the drain is to reduce the degree of exposure.

The time to prevent hypothermia is during the period of exposure and gradual exhaustion.

If exposure continues until your energy reserves are depleted, cold reaches the brain, depriving you of judgement and reasoning power. You will not realize that this is happening, and

An Autumn Cam

- woolen shirts, sweaters
- cold weather sleeping bag
- instant hot beverages
- energy foods
- woolen head gear
- extra woolen bla
- large sheet c
- extra glo

