



6 ACTIVITIES

FOR YOUR SUMMER CABIN VACATION

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Everybody needs to get away now and then. With summer right around the corner, now is the perfect time to plan that perfect getaway vacation. Many people hit the beach or go to an amusement park. But why not take some time in the woods and unwind at a cabin? A cabin can offer just about everything you could want in a vacation; relaxing solitude or exciting adventure. It's a great place for self-reflection alone or wholesome fun for the family.

Here are some tips to get you started on your summer cabin vacation.

1 Bring Your Favorite Foods

When they're on vacation, most people tend to eat out exclusively, not so in a cabin. Say goodbye to unhealthy fast food and enjoy a home cooked meal. Most cabins have not only kitchens but outdoor grills in which to cook your meals. This is a great chance to save money and eat healthy on your vacation.

Bring some easy meals to cook and get the family involved. This can be a fun activity. Planning a fun desert can really get you points with the family too. Don't forget to also bring your [vitamins and supplements for joint pain](#).

2 Fishing

Fishing is the quintessential outdoor summer activity. Many recreation areas have access to lakes and rivers where you can cast a line. Fishing can be a relaxing way to spend an evening, but it can also be a fun and educational activity for kids too. You can teach conservation, water safety and enjoy the thrill of the catch.

Most states allow license-free fishing by minors 16 and under with the supervision of a licensed adult. Make sure to check the state rules where you are going. They also usually offer a discounted 3-5 pass instead of a yearly license.



3 Fire

What is summer at the cabin without a fire? Enjoy an evening of stories and songs around the fire. Fire pits come with most cabins but can easily be made by using found stones or even cinderblocks. You can also plan ahead and bring a collapsible fire ring.

Pack the marshmallows because everyone will be anticipating some s'more's action. Other campfire snacks include weiners, popcorn, and pocket PB&J sandwiches. Take turns telling scary stories or bust out the guitar for a campfire sing-along.

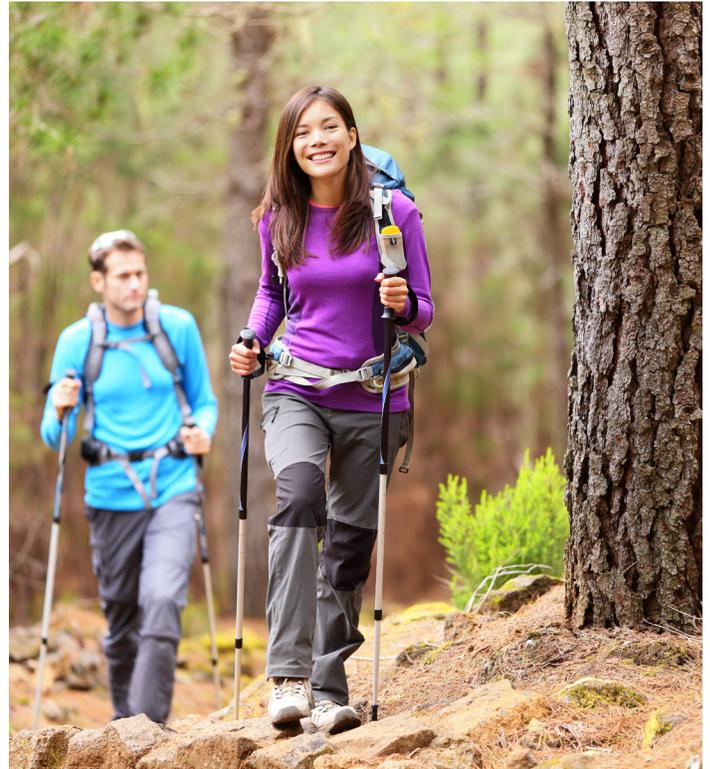
4 Hiking

Getting into nature is proven to be good for you. A summer cabin vacation is an excellent time to go for a hike in the woods. A hike provides fresh air, beautiful scenery, peace and quiet, and exercise.

There are a few things you should take to be prepared, however. Bug spray, sunscreen, and hiking poles are a start. Don't forget a map (hard copy, don't rely on your phone). A camera (or your phone) is needed to capture those breathtaking views. Look up the [Ten Essentials](#) for a complete list of what you should take hiking.

5 Outdoor Games

Having some fun and engaging outdoor games to play will keep the family entertained and moving at the same time. For the younger ones, schoolyard



games like tag or red rover will keep them busy for a while. Older kids might organize games such as Bocci Ball, bean bag toss, or croquet.

If you are having friends over or have a large family, team sports might be the ticket. An exciting game of flag football or ultimate frisbee will leave everyone tired and happy.

6 Indoor Activities

Of course, it can't always be sunny and perfect outside. If it rains on your cabin vacation, take the activities indoors. Movies are the go-to activities when it rains at the cabin. Make some popcorn and get cozy in some blankets. If movies aren't your thing, try a group jigsaw puzzle. Cards, baking, scrapbooking, and coloring are other great ideas for a rainy day.

When planning your summer getaway, don't neglect the idea of a cabin. You'll make some treasured memories and get some relaxation at the same time. 

