

W E L L



G O O D

THE RISE OF (HEALTHY) SUMMER CAMP CULTURE

Most of us have fond memories of the carefree, fresh air days of summer camp (or fantasies created by *Wet Hot American Summer* and *Moonrise Kingdom*).

And lately, wellness culture has latched on to that fascination, creating camp-themed experiences and products—from workouts and getaways to healthy supplies you’ll need tent-side.

In this new camp culture, the s’mores are vegan, kayaking is exercise, and sleeping outside is “glamping.” (Come on, you didn’t actually want to revisit dirty cabins and hot dogs at every meal, did you?)

Here are nine fun, healthy ways to channel summer camp nostalgia this season, whether you’d prefer to sleep among skyscrapers or are thinking of heading to the mountains to stare up at the stars. —*Jamie McKillop*



Camp Orenda

“Glamping” sounds silly—but it looks kind of awesome. A trip to Camp Orenda in the Adirondacks includes fully furnished canvas tents with actual beds, plus daily activities, a gourmet kitchen, and even massages. Much better than sharing a tiny tent with the camp bully.

(Photo: Camp Orenda)