**Summer camping trips benefit Australians**

Christmas in Australia is a time of year when people all around the country come together to enjoy the great outdoors and make the most of the country’s beautiful landscapes – whether that is at the beach, in our rainforests or at a multitude of pristine holiday destinations on offer.

It’s a time to catch up for family fun, and while some elements of Christmas can be stressful, camping holidays have been proven to take the heat out of these times to make for an even more enjoyable celebration!

Caravan Industry Association of Australia’s Real Richness report revealed campers are competitively happier, more satisfied, optimistic and energised than non-campers, with **96% of campers believing that camping makes you happier**, and **95% believing that camping reduces stress.**

The report also found **75% of campers feel close to their children** compared to 63% of non-campers, **and 85% of campers felt close to their spouse** compared to 65% of non-campers.

“Camping is family time, where we all go to bed in the caravan together and wake up together,” one respondent said.

“Have breakfast together and no-one needs to go anywhere or do anything separately. It’s time well spent!! The kids love this concept and so do we.”

“We enjoy multi generation camping. It’s fun to spend time with the family especially grandchildren and share stories and experiences in a relaxed way,” another said.

The summer holidays are also the busiest time of year at many holiday parks, with park owners and managers working around the clock to provide wonderful holiday experiences for guests.

The study also found camping gives people from all ages and all financial positions an opportunity to spend quality time with people who are most important to them. **88% of campers surveyed said they believed camping is accessible to everyone** regardless of income, and **53% agreed camping is a cheap holiday option** for times when there are increased financial pressures.

Caravan and camping trips also offer the perfect opportunity to switch off and reconnect. The Real Richness study found **93% of campers believe it brings families closer together and 92% of campers believe it is fun for the whole family.**

For more information contact [jessicab@caravanindustry.com.au](mailto:jessicab@caravanindustry.com.au)