**Why Australians love Easter caravan and camping trips**

The Easter long weekend is fast approaching, and holiday park owners all around Australia are preparing for one of the busiest weekends of the year.

Caravan and camping trips are a fantastic way for families to reconnect, and Caravan Industry Association of Australia’s Real Richness Report found they also offer significant benefits to our health and wellbeing.

More and more, we are seeing people use camping as a way of recovering from all sorts of illnesses. Maintaining a healthy lifestyle seems to be front of mind for our Aussie campers, **with 68% describing their level of health as somewhat or extremely healthy.** This is compared to only 50% of non-campers. The study also found:

* Campers are also much more active with 68% saying that they are somewhat or extremely active compared to only 46% of non-campers.
* 89% of campers believe that camping makes you healthier
* 84% of campers believe that camping can make you fitter.

The study also showed that Australians who go camping are more satisfied, happy, optimistic and energised than those who do not go camping.

The research also found incredible benefits for children, with our respondents saying that it teaches them many important life skills and allows them to build strong relationships with their family.

“As I have MS, we stay in cabins, but my children & grandchildren have campervans so it’s great to get together because the grandkids can play in safety in the camping ground,” one respondent said.

“We set out 4 years ago to travel full time. At the time, I was in extremely ill health and had just sold a business. My health improved so much I was no longer feeling the consequences of my illness, our lives improved, we loved it,” another respondent said.

When asked to reflect on their memories of camping, the most words most commonly used by the responses included **love, time and family.**

These positive memories, combined with the growing numbers of domestic tourism, demonstrate the true value that caravanning and camping adds to the lives of so many Australians and highlight the potential value of an Easter getaway.