



Keep Calm and Camp on

Camping should be a fun time for all. It's important to remember that safety is the number one priority when out for a hike, swim or just enjoying an evening by the fire. Don't let illness or an injury ruin your camping experience. Before you head outside, prepare yourself for your journey with the below tips.

Familiarize yourself with the area. Know the closest towns and nearest hospitals, and how to get to them, in case of an emergency.

Set up camp. If you're tenting, get settled on level ground and avoid any rocks or branches that could puncture the material. Keep your tent at least 30 feet away from the fire – preferably upwind so it won't fill with smoke. And of course, if you're staying on a cliff or mountain, steer clear of any edges.



Store your food safely. The safest spot to store any food is in a sealed, waterproof container at the edge of your campsite – not in your tent. If food must be kept cold, be sure to constantly replenish the ice to avoid spoilage.

Avoid insects and animals. Always wear bug spray and never approach a wild animal (no matter how friendly it may seem).

Seek shelter during storms. If you hear thunder, seek shelter that's more structurally sound than your tent. Hearing thunder means you're within 10 miles of a storm, so try to find a large building or head back to your car as soon as possible.

Light your fire the right way. Clear the area of all debris. Make sure there aren't any overhanging branches. Don't use any flammable liquids to light a fire and build it only as big as you need.

Stay focused on your fire. Never leave your fire unattended, and don't leave it burning while you're sleeping. Be sure to completely extinguish the fire with water or sand whenever you're turning in or leaving camp.

Remember to bring the essentials. Your collection of camping gear isn't complete without a first-aid kit and a flashlight. Bring enough water, food, and safety supplies for emergencies or unexpected trip extensions.



Reference:

<https://www.fmins.com/blog/8-camping-safety-tips/>



Promoting Public Health
Bernards Township Health Department