

## CAMPING SAFETY TIPS

Camping has become a very popular pastime. Thousands of new campers every year are learning the joy and excitement of taking to the outdoors and getting close to nature.

Camping is not only fun, but is educational and healthy. Unfortunately, many camping trips are ruined because of mishaps and injuries. As in any form of recreation, camping has many hazards. If you plan to take a camping trip this summer and want to have a successful, enjoyable and safe outing, we suggest that you study the safety hints very careful and put them into practice.

Getting lost in wilderness areas, poisonous reptiles, insects, poisonous-plants, fire, water, climbing, firearms, sharp cutting implements and falls are some of the dangers associated with camping and must be considered when you go camping. Some dangers can be eliminated, but others, which cannot be eliminated, should be recognized and avoided.



**PREPARATION:** Preparing for a camping trip is extremely important. Careful planning is a “must” and it can also be an enjoyable family affair of looking forward to the fun ahead. After you have decided where you plan to go and how long time you intend to stay, it is wise to sit down and carefully envision each individual activity for each individual day. A planning list of items to take along will form in your mind. Make sure you will be completely equipped in the way of bedding, food, utensils, shelter and accessories. Of extreme importance is adequate emergency equipment such as a first aid kit, snake bite kit, flashlight with extra batteries, compass, warm clothing, insect repellent, a small battery powered radio for weather reports etc.

**CHOOSING THE CAMPSITE:** A regularly used campsite is best because of the availability of facilities and assistance if required. You will need a level area, large for a fire and sleeping room. The campsite should be near an available water supply and on high ground, as swampy areas are damp at night and mosquitoes are plentiful. When you pitch camp, make a close inspection of the area, eliminate the obvious hazards and warn fellow campers about any special hazards, which must be avoided.

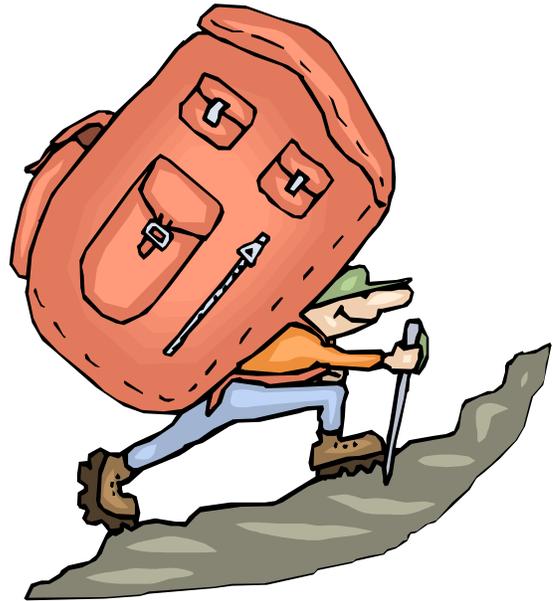
**FIRE:** Many public campsites are available with fireplaces or cooking facilities for safe fires. If none are available, you’ll have to build an “old fashion” fire on the ground. When building a fire in the open, find a location, which is sheltered from wind. Scrap away all grass, leaves and brush until you have bare ground. For a large fire, you may need to clear an area up to 10 feet in diameter. Build a fireplace by enclosing the fire with rocks, or dig down into the ground several inches. When leaving the campsite, make absolutely sure that the fire is out. Thoroughly drench the fire with water, stir the ashes and cover with soil if necessary.

**WATER:** if you are not near a safe public water supply, boiling for a half hour can purify drinking water. You can eliminate the “flat” taste of boiled water by pouring it back and forth from one container to another. Water purification tablets can also be used.

# HIKING SAFETY TIPS

**T**he great outdoors naturally lures many of us to enjoy the scenic splendor of the countryside. Novices who venture out into the wilderness unprepared and on their own are headed for trouble early on. Before you take that summer trek into the woods, follow these tips to keep you on the safe path to hiking.

- 🌲 Plan the hike from start to finish by using trail books, forest service, topographical maps, etc.
- 🌲 Always tell someone where you're going and when you expect to return.
- 🌲 Don't hike alone. Know how and where you can get help in an emergency.
- 🌲 Don't overdo it. Know your limits and stick to them.
- 🌲 Travel light and take only what you need.
- 🌲 Wear comfortable, rugged shoes.
- 🌲 Check the weather, and time hikes to get back before dark.



Take an emergency survival kit with you. Your kit should contain at least: Matches, candles, extra food and clothing, first-aid kit, compass, map, flashlight, tent, pocketknife and a signaling device.

## **If You Become Lost:**

Remain calm and avoid panic.

Don't proceed in another direction unless you are sure of what you are doing.

If you move, leave a note or mark the place with stones or sticks in-groups of three, which indicates "**help.**"

Show the direction of travel by making trail pointers out of stones, brush, or twigs.

Attract attention with three distress signals. Three blasts of a whistle, three shouts, and three flashes of light.

Make a small fire out of green wood, which will produce a lot of smoke.

Try to keep warm, sheltered, and supplied with water.

Don't wonder around in the dark. Wait until morning to find your way.

## Camping Fire Safety



### In Trailers

- Keep cooking and heating equipment away from combustibles.
- Use electricity or battery powered lights only inside trailers.
- Check and maintain gas connections and fume vents.
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- Keep a fire extinguisher available by the exit door, at all times.
- Develop and practice your fire escape plan with your family.
- Extinguish/soak all smoking materials, and shut off appliances



### In Tents

- Tents will burn. Keep all heat and fumes away from tents.
- Pitch tents at least 15 feet upwind from campfires, stoves/grills.
- Be prepared to cut your way out of your tent if a fire occurs.
- Use battery powered lights only inside tents.