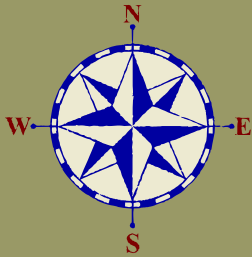


## Camping Safety Tips

**SPIRITWOOD AMBULANCE CARE (1994) LTD.**

Our Commitment to Excellence



### Need More Information?

Please visit our website and download your own safety instruction sheet for...

- ◆ **Insect Stings**
- ◆ **Allergic Reactions**
- ◆ **Poison Ivy/Oak**
- ◆ **Ticks**

Planning a safe family camping trip can be an enjoyable experience if you are prepared. Please read the following tips, know your limits, take the time to plan ahead, and pack the right items will help your adventure go off without a hitch.



### Camping Safety Tips

- ☞ Before you leave be sure to check the weather
- ☞ Arrive at your campsite during daylight hours
- ☞ Inspect your campsite for hazards (glass, low branches, insects)
- ☞ Avoids area of natural hazards, check the contour of the site and ensure that water can properly drain
- ☞ Ensure that you have enough room for all your camping gear when it is set up
- ☞ Ensure you have your campfire away from any combustible materials and always keep your fire small
- ☞ Have extra water near by for your campfire. Always have someone supervise the campfire
- ☞ Pitch your tent a safe distance away from your campfire
- ☞ Dispose of your trash properly
- ☞ Keep your campsite clean, to reduce the chance of wild animals from entering your campsite
- ☞ Watch out for poisonous plants (poison ivy) and familiarize yourself with them
- ☞ Have a fully stocked First Aid kit near-by
- ☞ Practice good hygiene to prevent yourself and other from getting sick
- ☞ Learn the ABC's of First Aid, and learn to recognize any life threatening emergencies

### Essential Items for Every Camping Trip

- ◆ Map of the area
- ◆ Compass
- ◆ Flashlight with extra batteries
- ◆ Extra clothing with raingear
- ◆ Extra food
- ◆ Adequate supply of clean drinking water
- ◆ Sunglasses and Sunscreen
- ◆ Pocketknife
- ◆ Matches in a waterproof container
- ◆ Candles or a fire starting aid
- ◆ Appropriate insect repellants
- ◆ First Aid kit



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