



Camping is a fun way to get some fresh air and enjoy local nature. However, this activity comes with several hazards, so it is important to take certain steps to maintain safety on a camping trip.

**Keep the following safety tips in mind the next time you head out to explore the great outdoors:**

- **Pick the right campsite.** Consider the terrain and climate of the campsite. Avoid campsites that are unsafe to travel to or with conditions that will push members of the group beyond their physical abilities.
- **Pack appropriate gear.** Make sure to pack the essential supplies. These include a map of the campsite, a compass, sunscreen, insect repellent, a flashlight or headlamp, a first-aid kit and extra food and water. Research the campsite and determine what other gear may be necessary.
- **Stay hydrated.** Physical exertion, heat and sun exposure cause quicker dehydration than normal. Remember to drink water often. Know where to find potable water near the campsite.
- **Avoid contact with wildlife.** Do not feed wildlife, as it leads them to expect food from campers and even approach campsites. Keep food stored in secure containers and out of reach to avoid attracting wildlife. When watching wildlife, maintain a safe distance.
- **Clean up properly.** Pick up all garbage and food scraps from the campsite and make sure to dispose of them properly. Do not leave any personal items or trash behind. If there is a campfire, be sure to put it out before leaving the campsite.