

Living Well Tip of the Week

Camping Health and Safety Tips and Packing Checklist

Camping is a fun way to get family and friends together to enjoy the outdoors. Take a few minutes to help ensure your camping trip is safe and healthy. (CDC)

- √ Ask your doctor or nurse if you are up-to-date on recommended vaccinations before your camping trip, and make an appointment to get them if needed.
- √ Pack healthy snacks, fluids, adequate clothes, and a first aid kit.
- √ Never leave a campfire unattended. Before you leave, be sure you put out your campfire completely.
- √ Put on protective gear, such as helmets, sturdy shoes, and life jackets, depending on the activity.
- √ Prevent carbon monoxide poisoning. Never use fuel-burning equipment, such as gas stoves, heaters, lanterns, and charcoal grills inside or near a tent, camper, or other enclosed shelter.
- √ Enjoy watching wild animals from a safe distance in their natural surroundings.
- √ Put on insect repellent.
- √ Wear light colored clothing so you can see ticks better. Check yourself, your family, and your pets for ticks, and remove them promptly.
- √ Protect yourself from the sun. Put on sunscreen, and cover up with clothing, a wide-brimmed hat, and sunglasses.

For more information on this topic go to <https://www.webmdhealth.com/ut>, and then type “Camping Health and Safety “ into the search tool.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.