

# Safety



Use your common sense when participating in outdoor activities.

Always be prepared for the unexpected.

Do not take unnecessary chances. Do not be careless.

Think before you act.

- Be prepared to administer basic first aid and CPR.

## **Basic First Aid Kit**

\*\*The following list is only a suggestion of some of the supplies you should consider for your first aid kit. You should personalize your kit to meet your needs, activities and situations. The key to a good first aid kit is its usability. What supplies to include and how much of each item should be based upon your individual needs.

___ Personal medications	___ Triangular bandages
___ Roll bandages	___ Misc. Band Aides/bandages
___ Adhesive tape	___ Anti-acids (Tums, Rolaides)
___ Antiseptic wipes	___ Antibiotic cream
___ Sterile gauze pads	___ Aspirin/Ibuprofen/Tylenol/Naproxin
___ Cotton swabs	___ Hydrogen Peroxide
___ Tweezers	___ Ace bandages
___ Safety pins	___ Sunburn lotion
___ Scissors	___ Burn ointment
___ Bee sting kit	___ Snake bit kit
___ Sinus medications	___ Eye drops
___ Tissues	___ Poison ivy cream/cleansers
___ Bug repellent	___ Heat/cold packs
___ Sunscreen	___ Small flashlight
___ Notepad/pen	___ Latex gloves
___ Sterile compresses	___ Antibacterial soap
___ Splinting materials	___ Thermometer
___ Personal information/ contact person	___ Coins for emergency phone calls
___ Feminine products	___ Small mirror
___ Ipecac	___ Antibiotic soap
___ Razor blades	___ Butterfly bandages
___ Plastic bags	___ Twine
___ Small bottle of water	___ Mole skin for blisters
___ Blanket	___ Road flares
___ Other personal needs	___ First aid manual
	___ Nail clippers

- Take a First Aid class and a CPR class -- keep current on this information
- Keep supplies in a well marked, durable, waterproof container
- Keep the contents organized
- Know how to use everything in your first aid kit
- Inspect content often, re-supply as needed
- Keep readily available at all times

- Never approach wild animals. They may look cute and harmless enough but they are very unpredictable and can be very territorial and protective. Always be alert and aware of your surroundings. In most cases, the animals are more afraid of us and will run away. Do not attempt to feed wild animals. Most injuries occur when people try to feed them. Keep your food safely stored away or hang it from a tree. Do not keep food in your tent.

- Look out for snakes, spiders and other critters. Watch where you are walking, be careful when picking up sticks or rocks and look around before taking a seat. Again, snakes are usually more afraid of us, but if they feel threatened or if you make sudden movements they may strike. Stay calm and slowly move away from them.
- Other insects such as bees, ants, ticks, mosquitoes, flies etc should not be taken lightly. Not only can they be annoying but they can cause quite a bit of pain and discomfort. Many people have severe allergic reactions to their bites and need to carry necessary medical supplies or seek medical attention. Again be aware of your surroundings. Refer to Keeping the Bugs Away for more details.
- Wear sunscreen and sunglasses. You can get sunburn in a very short period of time even on overcast days. Protect your eyes from the strong ultraviolet rays of the sun and reduce glare from off the water or off the snow. Sunburn can ruin any vacation.
- Never hike alone, always go with a friend. Tell someone else of your plans. Always take plenty of water, snacks, matches and a flashlight. Don't forget your compass and trail maps. Be aware of the weather.
- Be prepared with a water purification system if you may need to use a natural water resource.
- Supervise your children. Instruct them to stay within your sight and don't allow them to wonder off. Give them each a whistle to wear around their neck to be used only in an emergency. Agree on a location to meet. Consider ID bracelets. Keep a picture of your children with you in case they get lost.
- Be careful around water. Watch your step and don't take chances. Watch your children closely. Everyone should know how to swim.
- Pay attention to weather conditions. It can change very quickly. Be prepared and act in anticipation of severe weather. In the winter, watch out for extended exposure to cold temperatures. Frostbite and hypothermia are very dangerous. Keep an eye on each other.
- Be very careful with gas canisters. Keep upright at all times. Keep outside in well ventilated area. Check for leakage by putting soap liquid on all connections. Turn off when not in use. Never install or remove propane cylinders while stove is lit, near flames, pilot lights, other ignition sources or while stove is hot to the touch.
- Be careful not to spill fuel. Use funnel to fill tank.
- Do not operate stove or store fuel containers around another heat source such as a campfire. Only operate the stove in open, well ventilated areas. Never use the stove in a tent or a confined area.
- Replenish your ice often. Keep your food cold at all times to avoid food spoilage and food poisoning.
- Practice good fire safety.
  - ◊ Clear area of all debris/avoid area with overhanging branches
  - ◊ Construct a fire ring surrounded by rocks
  - ◊ Have a bucket of water, shovel and a fire extinguisher nearby and ready to put out a fire
  - ◊ NEVER build a fire near tents or other flammable items.
  - ◊ NEVER use flammable fluids to start a fire.
  - ◊ NEVER leave fire unattended.
  - ◊ Build a fire only as big as you need.
  - ◊ Make sure to completely extinguish fire.
- Check with campground about their security policies.