Explore Your Own Backyard

An Educational Program Sponsored by Texas Cooperative Extension and Texas Parks and Wildlife

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Setting Up Camp

- Planning Ahead
- Common Dangers
- Proper Clothing
- Food and Supplies
- First-Aid Kit
Planning Ahead

Know the Campsite
- Get a map of the area
- Know camp rules and regulations
- Be aware of the facilities that are provided
- Check the weather for the area

Make others aware
- **ALWAYS** inform someone else of your trip
- Where you plan to go
- When you plan to leave
- When you plan to return
- How you can be reached

http://kidshealth.org
Common Dangers

- Unexpected weather changes
- Extreme heat or cold
- Getting lost
- Broken glass or hazardous items
- Poisonous paints

http://kidshealth.org
Proper Clothing

☐ Multilayered for unexpected weather changes
☐ Waterproof attire
☐ Light colored clothing to keep the mosquitoes away
☐ Hat to protect from the sun

http://kidshealth.org
Food and Supplies

Always prepare a checklist a couple of days before your trip

Water
☐ Bottled water
☐ Never drink out of a natural water source unless you have proper filtration
☐ Iodine can be used to purify water
☐ Boiling is also an option but it takes a long time

Food
☐ Plan meals
☐ Bring extra food
☐ Portable foods are very handy
Food and Supplies Contd.

Supplies
☐ Cell phone
☐ Sun screen
☐ Flashlight for each person
☐ Insect repellant
☐ Map of the area
☐ Pocket knife
☐ Sleeping bags
☐ Trash bags
☐ Tent

http://www.redcross.org/services/hss/tips/hiking.html
First-Aid

It is very important to be familiar with administering First-Aid. Contact the local American Red Cross for classes that are available.
First-Aid Kit Contents

- Adhesive and butterfly bandages
- Self-adhesive roller bandages
- Sterile gauze pads
- Large wound dressing
- Blister dressing
- Non-adhesive dressings
- Cloth adhesive tape
- Band-Aids
- Thermometer
- Latex gloves
- Topical antibiotic
- Oral antihistamine
- Pain and fever medications (Tylenol)
- Hydrocortisone cream
- Alcohol pads
- Liquid antiseptic soap
- Large plastic bag
- Safety pins
- Scissors
- Tweezers and needles

http://kidshealth.org
Setting up a Tent
Questions?

Meeting Reminder
Next Tuesday at 5:30
Topic: Evaluation and Review
References