

Preventing injuries for

CAMPING & HIKING



TOP TIPS

Around the campsite

- Act and drink responsibly in a camping or hiking activity.
- Arrive at the campsite with enough daylight to properly set up and check for hazards.
- Hazards include: broken glass, sharp objects, poison ivy, bee hives, ants, etc.
- Choose a site of appropriate size to have enough room for your equipment.
- Clean your campsite regularly and properly dispose of all trash and recycling following visits in order to prevent attracting bears.

Campfire Safety

- Do not start a fire using flammable liquids; use paper or kindling instead.
- Build fires outdoors only. Light barbecues and grills on sand or within an approved campfire area. Keep flammable material at least two metres away.
- Be sure to have an appropriate clearing for the fire and never leave the fire unattended.
- Properly put out your fire and stay until the ashes are cool to the touch.
- Keep children away from the fire and explain the hazards of a fire to your camping party.
- Never place your hands into the fire to rearrange the wood. Use a long, smooth stick instead.
- Keep fire fighting equipment near the fire (e.g. shovels, bowl/pail of water, sand, etc.).

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Wildlife Safety

- Never approach wild animals.
- Never leave food out. Place food in sealed containers and place in a locked environment (e.g. a car or hanging from a tree downwind of the campsite).
- Do not eat unfamiliar vegetation.
- Do not drink unfamiliar water. Use water purifiers and/or boil water when using unknown water sources.

Hiking

- Never hike alone! Always travel with a companion and tell others where you are going.
- Follow marked trails and carry maps and orientation equipment if in an unfamiliar region.
- Take proper care in protecting against exposure to the heat, the cold, dehydration, and insects. This can be done by carrying water, dressing appropriately, and using sunscreen and insect repellents.
- Never overload yourself with equipment. Carry only the necessities and make sure that you don't have too much in your pack.
- Wear appropriate footwear (e.g. hiking boots).
- Avoid alcohol, especially on unfamiliar or rough terrain.

For more information on this and other sport and recreation injury topics, please refer to the following text: Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated