



BLOG: Camping Safety tips from Child Safety Link

Being prepared is the best way to make sure you have a fun and safe camping adventure with your family. When planning your trip think about important things to pack, the influence the weather will have and learning about the environment you will be living in.

When packing, in addition to shelter, clothing and food, be sure to bring along a first-aid kit, sunscreen, bug repellent compass or GPS, map, flashlight, extra blankets, batteries, lots of water and basic medications. Check the weather forecast before you pack and before you leave! Weather changes all the time in the Maritimes and can be unpredictable. It is best to pack for a range of temperatures and rain. Before you leave take some time to familiarize yourself with the camp area including trails, water, animals and plants, and don't forget to tell family and friends about your plans in case of an emergency.

After the packing, the wrangling of the kids, the car ride and the unpacking you and your family are ready to start enjoying the great outdoors! Depending on the age of your children how closely you should supervise them will vary. It's important for kids to explore and learn new things but in a new environment there could be some hazards they don't know about yet. Talk to your older kids about fire, water, animals and plants. Teach them what they need to know and have a plan in place if you get separated. Younger children should always be supervised while exploring these new spaces.

Campfires and marshmallows are one of the main reasons we go camping, but fire can also be dangerous and it is important to implement some safety rules around the campfire. Tripping into fire pits is a major hazard and children need to be carefully watched when they are around any type of campfire. Child Safety Link suggests drawing a "safety circle" about 1.2 meters (four feet) from the edge of the fire to provide kids with a clear boundary. It's safer to have children sitting near the fire, than standing in front of it. Don't forget to never leave a fire unattended or children unattended with a fire and have a plan to quickly extinguish a fire if needed.

For other children's safety tips, visit our website at www.childsafetylink.ca. Be sure to follow up us on Facebook (Child Safety Link) and Twitter (@childsafetylink) for daily safety thoughts and posts, and to let us know what you think!

Check out CSL's recent appearance on CTV to discuss camping safety tips here:
<http://atlantic.ctvnews.ca/video?clipId=909347&binId=1.1145745&playlistPageNum=1>