

Top Five Tips for Families to Stay Safe While Camping

Safe Kids Kansas

While the preparations for a family camping or hiking trip usually include a review of the necessary gear, Safe Kids Kansas recommends parents also review safety guidelines with their children. Please share this information with your patients.

1. **Be safe around the campfire.** Actively supervise children near a campfire or portable stove. Follow posted rules about campfires, and do not light fires in windy or excessively dry conditions. Keep a bucket of water and a shovel near a fire and extinguish the fire completely before going to sleep or leaving the campsite.
2. **Be prepared for emergencies.** Keep first aid supplies and emergency phone numbers handy and know where the nearest phone is located. Cell phones might not work in remote areas.
3. **Protect against sudden weather change.** Dress children in layers of clothing to help prevent heat-related illness and hypothermia. A child's body temperature changes faster than an adult's does. Bring waterproof clothes to protect against rain or wind.
4. **Actively supervise around water.** Never leave children unattended around water. We know it sounds strict, but there is no room for compromise on this one.
5. **Wear a life jacket.** Always have your children wear properly fitting life jackets approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports.

To learn more information, visit the [safety tips](#) section on the Safe Kids website at www.safekids.org, or call 785-296-1223 or 785-296-0351.