



Family camping health and safety checklist

Before you go

- Make a list of the nearest Emergency Room and Urgent Care locations
- Save directions offline
- Check weather forecast
- Review allergy plans (if applicable)
- Pack insurance cards

Health & first aid essentials

First aid kit includes:

- Adhesive bandages (variety of sizes)
- Antibacterial ointment
- Antihistamines (children + adult dosing if applicable)
- Pain reliever/fever reducer
- Hydrocortisone cream
- Blister pads
- Electrolyte packets
- Prescription medicines

Bug & outdoor protection

- Insect repellent
- After-bite treatment
- Tick removal tool
- Long-sleeve clothing
- Socks + extra pairs

Skin & sun protection

- Sunscreen (SPF 30+)
- Lip balm with SPF
- Hats
- Aloe or after-sun lotion

Hydration & heat safety

- Refillable water bottles
- Cooling towels
- Electrolytes
- Shade (umbrella/tent)

Camping safety

- Fire safety plan
- Closed-toe shoes
- Flashlights
- Emergency contact list
- Emergency weather plan

For kids going to camp

- Labeled medications (if permitted)
- Instructions for use
- Extra socks/clothes
- Small personal first aid kit
- Reminder: "Tell an adult if something hurts"



Visit Urgent Care for:

- Minor burns
- Cuts that may need stitches
- Rashes, bug bites, poison ivy
- Ear pain/swimmer's ear
- Mild dehydration



Go to the ER for:

- Trouble breathing
- Severe allergic reactions
- Head injury with loss of consciousness
- Severe burns
- Chest pain
- Any life-threatening condition