

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



YOUTH HEALTH BULLETIN

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

JUNE 2011

SLEEP UNDER THE STARS LET'S GO CAMPING!

Summer is a great time to spend time outside. The days are longer and warmer so you have more time to explore the outdoors. There are many things that you can do outside during the days, but you can also enjoy the summer at night by going camping. You can camp in your own backyard or at a campground. Wherever you camp, Wally Cat wants you to follow these tips to have a fun and safe time!



Supplies you will need

- You will want to pack a tent and something to sleep on (do not forget a pillow). Make sure to pack the right clothes. Sometimes it will get colder at night, so bring a sweatshirt or some extra clothes you can layer. You will want to bring a flashlight so that you can see at night. Also, do not forget insect repellent so that you do not get bit by bugs while you are outside.
- Other items you might want to bring with you include: a radio, camera, camp chairs, something to read, playing cards or games, and binoculars for exploring.

Continued on the back →

CONTINUED FROM PAGE 1

Outdoor activities you can try while camping

Setting up the tent, preparing the campsite, and listening to the different sounds at night are just a few of the things you can do while camping. You may also be able to go on a hike and see different types of plants. Perhaps you can have a scavenger hunt and find many of the different leaves and plants that are out there. Be careful and watch out for poison ivy! Some of the state parks have nature centers where you may learn more about the area. If there is a pond or lake near your campsite, you may want to try fishing.

Drinking and eating when you are camping

First, you want to make sure you bring plenty of water. It takes a little work to get your campsite set-up and you will be thirsty! You will want to bring a water bottle with you if you go on any hikes. Water is the best drink you can have when you are outside all day.

Camping food may be a little different from the food that you usually eat. That is okay. It is fun to try new and different foods. You may even get to help cook the food that you bring on your camping trip. Have you ever tried to cook a hot dog on a campfire? What about a marshmallow? Just be sure not to burn them.

Be safe

It is important to be safe when you are camping. Follow these tips:

- **Practice fire safety** — You are at a campsite with a campfire; you will need to be careful. Do not ever leave a burning fire. You should also have a bucket of water nearby in case the fire gets out of control. If you are cooking on the campfire, make sure that you are using cookware that is fireproof.



- **Avoid wild animals** — You may see wild animals while you are camping. You should stay away from them. This includes smaller animals such as opossums and raccoons as well as bigger animals such as deer.

- **Avoid bug bites** — Make sure to wear insect repellent when you are outside so that you do not get bites from mosquitoes, ticks, or other insects.

- **Practice water safety** — If you will be near water or go swimming, make sure you always have a buddy with you and that you pay attention to any signs posted near the water.

Wally Cat hopes you enjoy some time outside this summer, and if you go camping, remember to have fun but be safe!



REFERENCES:

- Camping with Kids accessed on 2/5/2011 from www.lovetheoutdoors.com/camping/tips/kids.htm
- Outdoor activities: Tips for Beginners accessed on 4/6/2011 from www.nwf.org/get-outside/outdoor-activities/camping.aspx
- Camping Health and Safety Tips and Packing Checklist – CDC.gov accessed on 11/9/2010 from www.cdc.gov/family/camping/index.htm

YOUTH HEALTH BULLETIN

JUNE 2011

Written by: Nicole Peritore
Get Moving Kentucky Coordinator
University of Kentucky HEEL Program

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Wally Cat and other cartoons by:
Chris Ware (@ University of Kentucky)

Download past health bulletins!

[www.ca.uky.edu/
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)

