



# Safety & Preparedness **CHECKLIST**

Are you ready to get outside and get your hands dirty? Scouts BSA provides countless opportunities to get outside and experience the great outdoors. So if you're ready to take it all in, become more aware of your own connection to planet Earth, and become more environmentally conscious, this guide is for you. Here are some essentials and safety tips for your next outdoor adventure!

## Camp Essentials

Don't be without these top essentials on your next outdoor adventure.

- |   |  |  |   |   |  |
|---|--|--|---|---|--|
| <input checked="" type="checkbox"/> Pocket Knife  | <input checked="" type="checkbox"/> Extra Clothing | <input checked="" type="checkbox"/> Water Storage          | <input checked="" type="checkbox"/> Trail Food                | <input checked="" type="checkbox"/> Sun Protection  | <input checked="" type="checkbox"/> A Spirit of Adventure! |
| <input checked="" type="checkbox"/> First Aid Kit | <input checked="" type="checkbox"/> Rain Gear      | <input checked="" type="checkbox"/> Flashlight or Headlamp | <input checked="" type="checkbox"/> Matches and Fire Starters | <input checked="" type="checkbox"/> Map and Compass |  |

## Safety Tips

Keep your body, food and camp safe and you'll have an adventure to write home about.

### 1. Protect your body ✓

Always be sure to wear sunscreen, bug spray and protective clothing when you camp. Also, when you're out in the elements, staying hydrated is important. Finally, wash your hands and/or use hand sanitizer often to protect yourself from germs.

### 2. Protect your food ✓

Make sure your food is kept at the right temperature, that you cook everything properly and that you store it in a way that doesn't attract attention from local wildlife.

### 3. Protect your camp ✓

Whether you choose to camp at a cabin or tent, make sure you choose the right site, check the weather in advance and be ready for the local terrain, flora and fauna. Lastly, abide by the rule, Leave No Trace. Leave the campsite or campfire just as you found it.