

We want you to be safe while camping.

- ▶ You're responsible for your own safety.
- ▶ Follow the camp rules that are provided below and will be posted at camp.
- ▶ Pack what is needed for your camping trip, for your personal safety, well being and to prevent any injuries.
- ▶ Know about the possible risks within the environment. Risks are dependent upon your camp location. Your camp host will inform you during camp orientation.
- ▶ Seek and listen to the information, advice, and warnings provided by camp host. Know your physical and mental limits.

PERSONAL SAFETY

- ▶ Awareness of yourself, family and friends. Keep an eye out on your family and friends to make sure their energy levels and health are in good shape while you are camping and exploring. Consult a physician or other health care professional if you have any questions on fitness levels, health conditions or medications required.
- ▶ Awareness of your environment. Because camping happens outdoors, you will be exposed to varying levels of heat, cold, wetness, and dryness. Too much of any of these can be harmful. There is also the risk of environmental hazards such as wildlife sightings, severe weather such as flash flooding or lightning, dead trees, rock falls, air quality, and more.
- ▶ Drink water. Because you are outdoors and exposed to the elements, you will need to re-hydrate more often. Clean drinking water is provided, keep your water bottle near you throughout the day and fill often.
- ▶ Wear sunscreen so a sunburn doesn't ruin your trip. Hats, long sleeve shirts, and sunglasses will provide extra protection especially if you are in areas with limited shade.
- ▶ Wear bug spray or other repellent to avoid mosquitos, ticks, and other potentially harmful bugs.
- ▶ Dress in layers so you can add or remove layers as necessary to stay comfortable. The key is to stay dry and warm.
- ▶ Wear boots. Boots will give you sturdier footing and prevent you from twisting your ankle.

Respect the Fire

- ▶ Being burned at home is disastrous enough. Add the fact that you're in the wilderness where there are no doctors and perhaps no cell service and a crisis of serious proportion can result. Kids are naturally attracted to flames, and it's your job to protect them from consequences so use your most persuasive arguments when you tackle this rule.

Respect the Wildlife

Skunks are cute but one spray can ruin a trip. Lyme Disease-causing ticks hitchhike on woodland animals. Raccoons may carry rabies. Instruct kids to tell you if they encounter anything wearing a fur coat or see a snake.

Follow these basic guidelines to ensure the safety of you and animals in respect to wildlife:

- ▶ Do NOT feed wildlife under any circumstances. Feeding wildlife creates an expectation that they can receive food from you (and other campers) in the future. This can make them persistent and sometimes violent, and may attract wildlife to your site.
- ▶ Avoid contact with wildlife. While it is certainly tempting to approach wildlife, this can be very dangerous.
- ▶ Keep a safe viewing distances. When watching wildlife, make sure to keep a safe distance.
- ▶ Avoid attracting wildlife to your campsite with the following methods:
 - Do not feed wildlife. Not only will they become more aggressive toward you, they will be more likely to be a nuisance for campers who use the site after you.
 - Do not take food inside your tent. While it's tempting to have that midnight snack on hand, it will attract wildlife.
 - Keep food secured in airtight containers, so it will attract less unwanted attention from wildlife.
 - Keep food out of reach of wildlife. Prior to turning in for the night, food will be secured within the camp trailer.
 - Keep the campsite clean. Collect any food packaging and food scraps in the waste bag. Prior to turning in for the night, food will be secured within the camp trailer.

No Food or Drinks in the Tent

- ▶ Because critters such as bears, raccoons, ticks or ants can find their way to your tent or bed in search of food. Plus, you are likely using AZ places gear that I would prefer to keep clean from spills and crumbs. Don't forget to wash up prior to bed, remove that roasted marshmallow. Water bottles are allowed in the tent.

No Snacking on Mushrooms and Berries

- ▶ Kids have no filters when it comes to food. Red, ripe berries and big white mushrooms may look just like the food in your fridge. Even your lecture about "plants that can make people sick" may not be enough to stop them from sampling Mother Nature's fare, so bring an emetic in your first aid kit, just in case.

Never Go Barefoot

- ▶ One misstep in the woods can result in cuts and wounds. Lazy campers don't always clean up after themselves; there could be a minefield of rusted metal or glass lurking beneath vegetation.

Keep Horseplay to a Minimum

- ▶ Kids are exuberant and you don't want them to lose that joy, but potential hazards at camp sites have the potential to turn a fun horseplay into an accident. Tents can collapse. Bodies of water can lead to drownings. Campfires are especially dangerous should kids fool around too close to the flames.

Respect Your Neighbors

- ▶ Not every camping experience you take in the wilderness will be without a neighbor near by. Please advise your children to not visited others at their camp. If playing music or have a tendency to be loud, please keep it to a reasonable volume, so others in the area may enjoy the sounds of nature.

Respect the Personal Property of Others

- ▶ Spontaneity can lead to bad decision making and while even little kids don't always respect property boundaries, they understand how it feels to have their own possessions swiped without permission. If you hear the telltale argument that's sparked by one kid confronting another over a possession, be ready to act and survey the situation.

Always Wear a Whistle (Children and Youth)

- ▶ Wandering away and getting lost can happen when others are busy preparing food or attending to another person. A whistle can be a lifesaver; both for worried parents and kids easily freaked out when they get lost. Instruct you child to use the whistle while hugging a tree or sitting on a log.

Always Stick with a Buddy (Children and Youth)

- ▶ Wandering away from a campsite into unfamiliar surroundings may seem like no big deal to older kids (they're too smart to get lost, they believe), but it happens. Kids won't panic as badly if they have company and two whistles are always better than one!



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