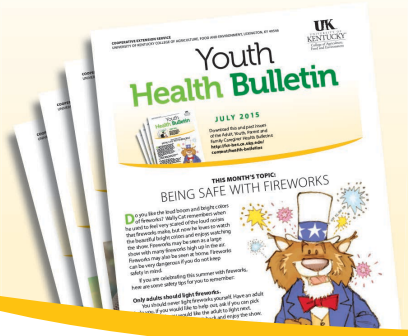
COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

Youth Health Bulletin



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THIS MONTH'S TOPIC:

CAMPING AND HIKING

Summer is here! This is a great time of year to go hiking, camping or to just enjoy the outdoors. Wally Cat loves to spend the days outside and watch the stars at night when he is camping. Do you like to hike and camp? It sure can be a lot of fun, but it is important to be safe when you are out in the woods.

Being in the woods can be a lot of fun but you want to make sure that you have everything you need when you go. Here are some things you want to make sure to not leave at home (Your parents may have a much bigger list of things to bring with them.):

- A map of where you are going
- A whistle
- Food and bottled water
- Sunscreen and sunglasses
- A flashlight

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Never go out into the woods by yourself. Having an adult nearby is important when you are out hiking or camping.

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When you are out in the woods it is important to stay safe. That means making sure that you are careful. First, make sure that you never go out into the woods by yourself. Having an adult nearby is important when you are out hiking or camping.

There are other things to be on the lookout for such as bugs, poison ivy and areas that could be dangerous.

Bugs

There are ways you can protect yourself from bugs and bug bites. There are sprays or lotions an adult can help you apply to protect you from some bug bites. You can also wear long sleeves and pants. If you are camping, make sure you keep the tent door zipped shut so that bugs do not get into the tent.

If you have been hiking or camping, it is important to check for bugs on your body. Make sure an adult checks you for ticks at the end of the day. Ticks are very small and can make you sick. Make sure to be checked all over, including behind your ears and under your arms.

Poison ivy

Poison Ivy is a plant that can make you very itchy. The plant has oil on it that can cause the skin to itch. Each stem has three leaves and it can be hard to spot. If you think that you have touched poison ivy, you should make sure to wash your skin as soon as possible with soap and water.

Staying safe outside

If you are out hiking or camping it is important to be safe and look out for areas that could be dangerous. When exploring, make sure you are aware of your surroundings. Watch out for things that may trip you such as roots, stumps or other plants.

If staying overnight, make sure you let the adults take care of building and tending to any campfire.

Camping or hiking can be a lot of fun. Wally Cat hopes you are able to enjoy being out this summer and that you stay safe!

REFERENCE:
Nemours KidsHealth http://kidshealth.org/en/kids/woods.html

Can you unscramble these words?

GUBS: _____

ISOOPN YIV: _____

KIINGH: _____

ANSWERS: BUGS, POISON IVY, HIKING

Youth Health Bulletin

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