



accidents don't have to happen

Camping Advice



Camping is a fantastic way to enjoy the great outdoors, but it doesn't come without risk – use these tips and this handy checklist to keep yourself and others safe on your next adventure.

Before you set off

- ✓ Check the weather forecast for heavy rain and flooding risks
- ✓ Pack enough food and water for your trip
- ✓ Pack a first aid kit, insect repellent and a tick remover tool
- ✓ Make sure you have the correct equipment for everyone in your group*
- ✓ If hiking, ensure everyone in your group can make the distance to your campsite
- ✓ If driving, check whether there is parking close by
- ✓ Choose an emergency contact and share your itinerary with them

*If you're planning to use portable beds for your children, always go by the stated age group for the product. Children's 2-in-1 (combination) airbeds/sleeping bags, which are often promoted for camping, are not suitable for babies due to the risk of suffocation.

During your trip

Setting up camp



Choose your campsite carefully. Camp at a distance from water sources which can change and swell overnight. Avoid camping under big trees and rocks as these can fall and cause injury. Always follow local signs and advice.

Campfires



If you are thinking about having a campfire, check local advice for any wildfire risks and any byelaws that may prohibit the use of campfires.

Make sure your campfire is well away from tents and sleeping areas and is completely out when not in use. Have a bucket of earth, sand or water handy to help put it out. Where possible, use a raised fire pit.

Avoid using accelerants (e.g. metholated spirits, petrols) as these can ignite quicker than expected.

Cooking



Be careful with cooking stoves as they use pressurised camping gas. Always use the correct gas cartridge for your stove and check the manufacturer's instructions for use and safe disposal. Stove and cartridges should be stored well away from any open fires.

Carbon monoxide (CO)



Be aware of carbon monoxide. Often known as the silent killer, you can't see it, hear it, smell it or taste it. CO gas can build up quickly and at high levels it can cause collapse, unconsciousness and death.

Anything that burns can give off invisible and dangerous CO gas. Never use stoves, fires or disposable barbecues for cooking or warmth in an enclosed/indoor space with poor ventilation, such as a tent. A warm barbecue or smouldering fire can still be lethal.

If you suspect CO poisoning, get into fresh air and seek medical help.



After camping

Take any litter home with you and ensure you leave no trace of your visit.

Remember
if there is an
emergency at any
point during
your trip,
call 999 for help.

For further advice on leisure safety please visit...
[rospa.com/leisure-safety](https://www.rospa.com/leisure-safety)