

PACKING CHECKLIST

REMEMBER TO PACK:

- ◆ Adequate bedding/sleeping bag and extra blankets
- ◆ Light-weight, light-colored clothing, including long sleeves and pants
- ◆ Tent and plastic ground cloth
- ◆ Insect repellent containing DEET for skin
- ◆ Permethrin insect repellent for clothing
- ◆ Broad-spectrum sunscreen and lipscreen with SPF 15 or higher
- ◆ Wide-brimmed hat and sunglasses
- ◆ Healthy on-the-go snacks and other food
- ◆ Water and other alcohol-free and sugar-free fluids
- ◆ Insulated cooler
- ◆ Alcohol-based hand sanitizer
- ◆ Life jacket, helmet, and other protective gear
- ◆ First-aid kit
- ◆ Compass or GPS
- ◆ Map
- ◆ Radios
- ◆ Flashlights
- ◆ Extra batteries
- ◆ Sturdy shoes
- ◆ Extra set of clothes
- ◆ Medical record, including vaccinations; insect, food, plant, and other allergies; diseases and conditions; medicines, dosing schedules, and storage instructions; emergency contacts; and activities your doctor or nurse says to avoid



For further information

Please contact DEH at

The following addresses below

Grand Cayman

Department of Environmental Health

P.O. Box 1820 GT

CI Environmental Center

Grand Cayman, Cayman Islands

KY1-1109

Tel: 345-949-6696

Cayman Brac & Little Cayman

Department of Environmental Health

P.O. Box 212 Stake Bay

Cayman Brac, Cayman Islands

KY2-2101

Tel: 345-948-2321

www.deh.gov.ky



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Camping Tips



Department of
Environmental Health
Working now and for the Future

BE PREPARED

Be prepared. Always be prepared for the unexpected.

Before you leave home, check the weather report, learn about security at your camp location, and tell family and friends what your plans are.

Be sure to bring along a supply kit that includes a first aid kit, compass, map, flashlight, blankets, and batteries, food, clothes, and medications.

Know who to contact at the camp to report issues that may come up.

When you return home, check for ticks, maiden plum, diarrhea, and other problems.



WASTE DISPOSAL

Dispose of all trash (diapers included) properly in the proper bins if available. If bins are not available, all trash should be removed and be disposed of at home.

Return the campsite to its original condition for the next camper if you disturb it in any way.

Don't forget your good recycling habits on vacation. They are just as important camping as they are at home.

GARBAGE DISPOSAL / LITTER CONTROL

Improper garbage disposal and littering are liable to penalties under the Litter Law and the Public Health Law, including a fine of up to \$500. Residents should, therefore, avoid such practises. All solid waste products should be properly disposed.

SANITATION

Human waste should be disposed of in a sanitary manner. Campers should rent a portable toilet or camp at locations with bathroom facilities. Improper disposal of human waste is an offence under the Public Health Law 2002 revision, part III, punishable by fines (up to \$1000) and six months imprisonment.



FIRE SAFETY

Fire is of prime concern at the campsite. Be sure you have an area for a fire that cannot spread laterally or vertically. Whenever a fire is lit at the campsite be sure that someone is assigned to watch it at all times. Keep water nearby for emergencies. Be sure that when you put the fire out you use water and soil and be certain that the fire is completely out and cool to the touch. Embers buried within the pile of ashes have a tendency to reignite later.

- ◆ If you are planning a bonfire, you will need permission from the DEH
- ◆ Practice good fire safety.
- ◆ Clear area of all debris/avoid area with overhanging branches.
- ◆ Construct a fire ring surrounded by rocks.
- ◆ Have a bucket of water, shovel and a fire extinguisher nearby and ready to put out a fire.
- ◆ NEVER build a fire near tents or other flammable items.
- ◆ NEVER use flammable fluids to start a fire.
- ◆ NEVER leave fire unattended.
- ◆ Make sure to completely extinguish fire.
- ◆ Check with campground about their security policies.
- ◆ Closely supervise your dog around children, other visitors and other dogs.
- ◆ Keep your campsite fires to an absolute minimum at all times.



EXTINGUISHING A FIRE

Each year, while camping or at the beach, many children and adults are burned by campfires and burning coals. Coals, even when buried in sand, can stay hot for up to 24 hours and can burn anyone who walks or falls on them. Likewise, campfires, fire rings and fire pits are also very dangerous. If clothing ignites, burns can be life threatening.

Hot coals should always be disposed of in designated containers at the beach or camping area. Plenty of water should be poured on coals to cool and completely extinguish the flames.

INJURY PREVENTION

SAFE ACTIVITIES: Include safe physical activities.

Camping is a great opportunity to get some physical activity. Do things to keep you active during your camping trip, such as walking, hiking, biking, or swimming. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid maiden plum plants and cow itch vines. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone. Watch kids closely.



CARBON MONOXIDE: Protect against carbon monoxide poisoning.

Carbon monoxide is odourless and colourless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.



BUGS : Fight the bug bite.

Mosquitoes, ticks, and other insects can cause certain diseases. For example, mosquitoes can cause West Nile Virus and Dengue, and ticks can cause Lyme disease. To help fight the bite, apply insect repellent containing DEET to clothes and exposed skin. Apply the insect repellent permethrin to clothes to help keep ticks from attaching to them. Be sure to follow directions on the package. Check for ticks daily, and remove them promptly. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.



SUN PROTECTION: Protect yourself from the sun.

Wear sunscreen and sunglasses. You can get sunburn in a very short period of time even on overcast days. Use a broad-spectrum (against UVA and UVB rays) sunscreen and lip screen with at least SPF 15. Seek shade, when the sun's rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.