



Regional Center for Poison Control and Prevention

Serving Massachusetts and Rhode Island

Take Care When Camping

- Never use a fuel-powered cook stove or lantern inside your tent. There is a danger of hazardous fumes building up. Check gas and fuel canisters for leakage and turn off when not in use. Keep the canisters upright and stored outside.
- Do not burn anything but paper and wood in your camp fire. Treated wood and plastics gives off toxic fumes when burned.
- Do not dry clean your sleeping bag. Many synthetic and down fills may retain the solvents and fumes used with dry cleaning. If these solvents and fumes are inhaled, serious physical harm could result, and possibly death. In addition, the chemicals can produce skin irritation or an allergic reaction.
- Apply insect repellent to a child's clothing and exposed skin only. Be sure to avoid the face and wash hands after applying the insect repellent. Some repellants are too strong for small children, so only use products approved for children. Always follow the product instructions and have an adult apply the insect repellent.
- Wear light-colored clothing with long sleeves buttoned at the wrists and long pants tucked into socks. Shake out all clothing before wearing them and check clothing and skin for ticks and other insects. If you are allergic to bees, wasp, hornets, etc. and have been given an injectable adrenaline (e.g., Epi-Pen™) you must carry it with you at all times and use immediately if you are stung.
- Teach children to watch out for snakes, spiders, and other wild creatures and never touch or disturb a wild critter.
- Teach children to identify poison ivy and poison oak. Stay away from all plants and wild berries unless you are certain they are safe.
- Bring a clean supply of drinking water or a water purification system. Do not drink stream or lake water. Be sure to frequently drink water. People can become dehydrated quickly when hiking in warm, dry, or windy conditions.