

Outdoor Living

Tips To Help You Enjoy The Great Outdoors

(NAPSA)—Enjoying the great outdoors is a fun and healthy way to spend the warmer months. Be certain to make safety a priority when you are planning and partaking in any outdoor excursion.

Here are some helpful tips on braving the great outdoors:

- Plan your hiking and camping trip carefully. Find out as much as you can about where you are going, including any hazards or obstacles.

- Be mindful of the sun. Use UV blockouts, UV protective swimwear and minimize exposure when the sun is strongest, between 11 a.m. and 3 p.m.

- Watch for signs of heat exhaustion, such as cool, moist skin; headaches; pale skin; irrational behavior; nausea; vomiting and unconsciousness. Drink plenty of liquids to avoid dehydration.

- Wear sunglasses that block 99 to 100 percent of all UV light—wraparound sunglasses are best, because they are shaped to keep light from shining around the frames and into the eyes.

- Put meat into a cooler when traveling. Meat juices can easily leak onto pre-prepared foods, so package with this in mind. Place the meat on the bottom of the cooler, away from ready-to-eat food.

- Keep campsites as clean as possible. Birds and animals can be sources of food poisoning bacteria, so don't leave food and utensils lying about.

- When hiking, camping or enjoying any outdoor activity, always remember to pack a first aid kit; flashlight; antibacterial disposable hand wipes; a map of the area; two or three liters of water per person; fire starter; knife; extra food; compass; additional clothing and sunglasses.

- Cover as much skin as possible to prevent tick and other



When outdoors, be sure to bring along a long-lasting insect repellent for added protection.

insect bites, as well as exposure to poisonous plants.

- Protect yourself from biting insects with a DEET-based insect repellent, such as Ultrathon insect repellent from 3M. Ultrathon repellent is available in both a lotion and aerosol spray, and provides protection for a minimum of eight hours. For more information, visit www.ultrathon.com.

- Use a lightweight stove for cooking and consider using a candle lantern instead of a campfire. If you must build a fire, do so on bare ground, stone or other fire-safe areas. Make certain the fire is far away from flammable items including your tent, trees or dry grass. Always put your fire out completely before leaving the area.

- When swimming, know your limitations and stay within them—don't try to keep up with a stronger swimmer. Swim in supervised areas only.

- When boating or fishing, carry basic safety equipment—life jackets (make sure they are Coast Guard-approved) for each person on board, a throwable personal flotation device, tow line, extra paddle/oar, a bailing device, a distress signal (whistle), and a fire extinguisher.