

## Campsite Cooking, Safety, & Health

A few tips for staying healthy at your campsite while you are attending the Camporee.

### **Use Hand Sanitizer:**

Use hand sanitizer after using the porta-potties. Apply it faithfully and liberally.

### **Drink Water:**

Drink only bottled water or designated drinking water at the campgrounds. Do not drink from someone else's opened water bottle.

### **Keep Refrigerated Food Cold:**

Always keep the refrigerated food in your campsite colder than 41 degrees. Restock the ice frequently and use a thermometer to make sure it stays cold. If it becomes warm, bacteria will begin to grow and multiply, and you will get sick because of eating it. This precaution applies to cut fruits such as melon as well.

### **Hot Foods:**

If you are heating food, bring it to a full rolling boil or use a stem thermometer to make sure it gets to an internal temperature of at least 165 degrees Fahrenheit. Do not undercook fish, chicken, or other raw foods of animal origin. They are especially dangerous. Do not hold any food out of temperature for more than 3 hours. Bacteria numbers by that time will be such that food borne illness will be very likely.

### **Food Preparation Surfaces:**

Keep the food surfaces in your campsite as clean as you can. Wash your dishes in soapy water and rinse them in water that has 2 teaspoons of bleach added for every gallon of water. Dirty dishes can breed bacteria and make you ill.

### **Sharing Food:**

Be cautious about where you eat and drink. While sharing is a great part of the Camporee experience, food sharing has inherent risks. Be very careful about eating food that you are offered if you are not sure that it has been prepared safely.

If you experience symptoms such as nausea, vomiting, high fever, jaundice and malaise, you may be carrying a viral pathogen that is highly contagious to others. Seek medical attention immediately and do not prepare or handle food.

### **Garbage:**

Garbage dumpsters are provided throughout the campgrounds. Please dispose of all food scraps, paper goods, and any trash in these dumpsters. Use covered containers to put garbage in or closed trash bags, and do not throw any garbage onto the ground.

### **Liquid & Compressed (Propane) Fuel Guidelines:**

Anyone using liquid and compressed fuels at the Camporee must read and comply with the Camporee guidelines for storing and handling these materials.

Read and download the [Liquid & Compressed Fuel Guidelines](#)

## **Campsite Cooking, Safety, & Health**

### **Fire Extinguishers:**

It is required to have an ABC type extinguisher and a K type extinguisher for camp kitchens at your campsite. Fires can start and spread quickly. Be sure you know what to do in case you have a cook stove fire. Be sure to read and view the information below.

[View types of fire extinguishers](#)

[Watch a video on how to use a fire extinguisher](#)

### **Restrooms & Showers:**

Keeping your body clean can help reduce sickness and others will enjoy being around you. Showers and toilets are provided throughout the campgrounds. Prepare to shower quickly. Do not use the shower as a toilet. Used toilet paper is to be thrown in the toilet. Wash hands regularly. Staff need to go with Pathfinders under 18 years of age to the shower houses to keep them safe and make sure they follow the rules posted on the walls.

### **Medical Needs**

Medical help for all ages is available 24 hours at the Medical Center located on the Camporee grounds. If any medical problem arises, go get help right away. Be sure to visit the [Medical/First Aid](#) webpage for very important information for club leaders & pathfinders.

### **Quiet Time:**

Each Camporee day is full of exciting and tiring activities. Staff and pathfinders need adequate rest to avoid sickness. All campgrounds need to become quiet at 11:00 PM weeknights and by midnight Saturday night. Stop all loud talking, singing, recorded music, or noise that will wake your neighbors.