



Safe Camp Rules

Poison Ivy and **Poison Oak** have three leaves—so to be safe, stay away from plants with three leaves. Leaves of three, let it be!

Choose a **buddy** and stay with her at all times. Never walk alone.

Drink lots of **water**, especially when you go on a hike!

Wear **sunscreen** and **hats** to protect from the sun.

Wear **shoes with closed toes** to protect your feet.

Wear **light-colored clothing** and **long pants** to protect from ticks. If you can, tuck your pants into your socks.

Be **careful around a campfire**. Never step over a fire or on top of the logs around it.

Know what's in a **first aid kit** and why you need it.