

Going on a camping or caravanning trip?



HERE ARE SEVEN QUICK CAMP SAFE TIPS.

1) MAKE SURE YOUR VEHICLE AND EQUIPMENT IS IN GOOD WORKING ORDER.

- Consider what spares you might need for the duration and conditions.

2) WHO IS TRAVELING WITH YOU.

Does anyone have any special needs or health conditions?

- Make sure you have enough medicines for an extended time if something goes wrong.
- Consider a portable defibrillator (AED).

3) TAKE ENOUGH WATER AND NON-PERISHABLE FOOD FOR EVERYONE.

4) RESEARCH THE AREA WHERE YOU WILL BE STAYING.

- Locate the nearest medical facilities.
- Plan how to get there or how you will contact assistance if needed.

5) STAY CONNECTED.

- Tell someone where are you going and when.
- Update them regularly with your whereabouts so they can seek help if you do not get in touch when planned.
- Take your phone, charger, and radio. This will mean you can access emergency help, medical information or listen for weather and other warnings.

6) LEARN OR REFRESH YOUR FIRST AID SKILLS.

- Pack a First Aid Kit suitable for the number of people and the risks being taken.
- Think about the activities you will be doing.
- Evaluate what are the accidents that may occur.
- Consider a Snake Bite Kit or ensure your kit has cover for venomous bites.

Remote area first aid kits have contents for when traveling more than an hour from medical facilities.

7) SOME OTHER ITEMS TO INCLUDE ARE:

- Matches (kept them dry in a waterproof bag).
- Knife.
- Torch.
- Insect repellent.
- Duct tape.

FINALLY, DOWNLOAD THE FIRST AID KITS AUSTRALIA FIRST AID APP. IT GIVES YOU ONLINE AND OFFLINE STEP BY STEP GUIDE OF HOW TO RESOLVE FIRST AID EMERGENCIES.

