Personal Hygiene

Although the outdoors is fun and exciting it is still important to have personal cleanliness at camp. There should be a washing station set up with a soap, water, and towel for clean ups before and after meals. It is also handy to have quick disposable wipes for quick clean ups. Check with each camp to find out disposable methods for water. If you are really organized you can have a pot of hot water on the stove at all times for those touch dirty clean ups and clean up before retiring for the night. Pack a complete hygeine package for each member of the family and put it in a zip lock bag. Items that might be included are: washcloth, small towel, toothbrush, toothpaste, a few bandaids, liquid soap and label with names.