



These tips will help you have a successful Outpost Camp experience.

General Tips for Success

- Have a plan for calling help in case of emergency. (Is there cell service available? Is there a landline phone nearby?)
- Know your campground's address. Tape it into your first aid kit.
- Know how to get to the closest emergency room or urgent care.
- Keep a first aid kit on hand.
- Follow "[Leave No Trace](#)" principles.

Tips for Tent Success

- Set up tents in designated areas at campgrounds.
- Set tents up on level ground. Avoid low or sunken areas.
- Look up before selecting tent sites and make sure there are no hazards (like dead tree limbs) overhead.
- Use a ground cloth or tarp underneath the tent to keep the tent floor dry and protected.
- Tent stakes and ropes should be set up outside of major walkways.
- Be sure every tent has a flashlight.
- Unroll sleeping bags just before going to bed to prevent them from getting damp.

Tips for Campfire Safety & Success

- Check for outdoor burning restrictions in your area. Follow any restrictions.
- Wear natural materials (like cotton, linen, and wool) around the fire.
- Practice a "stop, drop, and roll" fire drill with campers.
- Use the designated fire ring at campsites.
- Clear loose debris (dry leaves, pine needles, sticks, etc.) within 10 ft of the fire ring.
- Use natural tinder and kindling materials to build the fire.
- Leave lit matches in the fire, do not throw them away.
- Long-handled grill tools are great for campfire cooking.
- Keep leather gloves, choppers, hot pad holders, or other high-heat hand protection close when cooking over a campfire.
- Tie back long hair and wear close-fitting clothing when working over the fire.
- Put the campfire out by drowning it with water. Stir the water and ashes until the ashes are cool to the touch.
- Keep a shovel nearby to help control escaped fire.
- At a later time, double check the campfire ashes to assure that the fire has remained out.
- Do not burn trash.

Campfire Guidelines adopted from the University of California Agriculture and Natural Resources 4-H Camp Safety Guidebook, <https://ucanr.edu/sites/safety/files/304097.pdf>. Other resources referenced include Boy Scouts of America campfire safety information, Girl Scouts of America campfire resources, and Smokey Bear campfire rules.

Tips for Food Safety & Success

When perishable food is prepared outside and/or stored in coolers, the following minimum standards must be maintained. Any additional requirements set by the camp facility or other governing authorities must also be maintained.

- Perishable food must be stored at temperatures below 40°F. Should perishable food reach temperatures above 40°F prior to preparation, it cannot be consumed.
- Separate food thermometers must be used to check all perishable food prior to cooking and prior to consumption. Wash carefully after each use.
- Clean surfaces, utensils, and hands with soap and water. Anti-bacterial wipes can be used on table surfaces.
 - Hands must be washed with warm, soapy water for 20 seconds before handling food; after using the restroom; after blowing your nose, coughing, or sneezing; and after handling uncooked eggs, raw meat, poultry, fish, or the juices of any of these items.
 - Thoroughly wash all surfaces that come in contact with raw meat, poultry, fish, and eggs with hot, soapy water before moving on to the next step in food preparation.
 - To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of one (1) tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.
- Use separate utensils and plates for raw and cooked meats, poultry, fish, and eggs.
 - Serve all cooked products on clean plates. Never put food on any plate that previously held raw meat, poultry, fish, or eggs unless the plate has been thoroughly washed in hot, soapy water.
 - Never put vegetables on a plate with raw meats, poultry, fish, or eggs.
- Store food in insulated containers/coolers with ice or ice packs when refrigerators/freezers are not available for storage. Do not leave coolers sitting in the direct sun for long periods of time.
 - When possible, pack meat, poultry, and seafood while frozen so that they stay cooler longer.
 - Do not leave food to defrost outside. Meat, poultry, and seafood should be placed in separate, leak-proof plastic bags and submerged in cold water. Change the cold water every 30 minutes until the food is completely thawed. Cook Immediately.
- Pack beverages and other non-perishable items in a separate cooler from the perishable items to prevent exposure to heat from repeated opening and closing of the lid.
- Clean fruit and vegetables that are not packaged as pre-washed under cold running water prior to chopping, peeling, or consuming.
- Cook all meat, fish, and poultry to internal recommended temperatures (*See Food Safety Chart below*). Check temperature with a clean thermometer.
- Do not leave perishable food at room temperature for more than two hours. Time is reduced to one hour if air temperature is above 90°F.

Safe Minimum Cooking Temperatures Chart

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Source: <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

Food safety standards adopted from [USDA Food Safety and Inspection Service](#) and [FoodSafety.gov](#).