

Stay clean on camp

Our partner Victorinox explains how to keep you and your campsite hygienic during nights away

Knowing how to deal with waste when on camp is critical for cleanliness, legal responsibility and the opportunity to camp again on the same site. It will also help you to stay healthy if you find yourself in a survival situation.

Washing up water

Use as little soap or washing up detergent as possible as it can be toxic to water life and last for a long time in the soil. Use an environmentally friendly detergent where possible.

Cooking fats and grease

These can trap other pollutants and provide a breeding ground for bacteria and vermin. Try to minimise their use when cooking at camp and plan meals that use less oil or fat.

Hazardous waste

There is risk of an accident caused by hazardous waste such as objects with sharp edges, glass or chemical contents. Aside from a trip hazard or 'clutter factor', paper, plastic or flammable chemical waste near a fire or cooking area also present fire risks.

Other waste

If you are unable to dispose of your

waste then put dry waste in one bin bag and wet waste in another. Food waste should be double bagged and kept out of the reach of animals.

FOOD HYGIENE CHECKLIST

- Keep food covered.
- Do not use dirty or damaged equipment for cooking.
- Use tongs for handling food.
- Keep foods in lidded containers to prevent insects, animals and birds from entering food preparation or storage areas.
- Do not leave any food or rubbish where it may attract pests.
- Keep moisture away from dried foods, as this will encourage the growth of bacteria and moulds.

PERSONAL HYGIENE CHECKLIST

- Ideally you should wash every day with hot water and soap.
- Wash your hands after going to the toilet, giving first aid or handling materials.
- Wash and dry your feet before putting shoes or boots back on.
- Your mouth and teeth should be cleaned every day.
- If you have a sleeping bag, turn it inside out and air it after using it.



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