

# Staying HEALTHY at Camp!

## Proper Clothing:

- On SUNNY days I wear a HAT.
- If I have SUNBURN I wear a SHIRT and SUNSCREEN.
- On COLD days I wear my WARM CLOTHES like sweatshirts and long pants.
- Always wear DRY clothes after SWIMMING.
- Always wear DRY SOCKS with my shoes.
- When the BUGS are out I wear BUG SPRAY.
- I always put my DIRTY clothes in my LAUNDRY BAG.

## Handwashing:

- I WASH my HANDS after going to the BATHROOM.
- I always wash my hands BEFORE I EAT and especially after SNEEZING or BLOWING MY NOSE if I have a cold.

## Eating Properly:

- I EAT 3 meals EVERY DAY because I need food for ENERGY to be able to PLAY all day.
- I DRINK 7-8 cups of WATER or POWERADE every day. If it is HOT outside I need to DRINK EVEN MORE.

## Sleeping and Resting:

- When I am TIRED I need to rest at REST HOUR and get plenty of SLEEP at NIGHT.
- If I DO NOT FEEL WELL I need tell my COUNSELOR and see the NURSE.

## Follow Camp Safety Rules:

- I need to LISTEN to the COUNSELORS when they tell me RULES because I know that: at Camp Laney, fun is #1, but SAFETY comes first!