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Keine Stimmen

# Gesundheitstipps fürs Outdoorcamp




Was sind für Gesundheistregeln in einem Outdoorcamp zu beachten? In diesem Artikel sind einige Gesundheitstipps dafür.

## Personal hygiene

- Wash hands frequently every day (before eating and before kitchen work, after using the toilet)
- Provide soap
- Brush teeth in the morning and evening
- Morning toilet with washcloth and soap (washing area should be inviting)
- Regular showering - idea: animation by showering with music

## Clothes

- Build a clothesline to hang up wet clothes
- stuff wet shoes with newspapers ( change newspapers often )
- Changeclothes, especially underwear,more often

## Hygiene in the kitchen

- Wash hands frequently
- Changekitchen apron, cleaning cloths and tea towels often
- Storeleftovers tightly closed in the fridge (be careful at camp)
- Reheat leftovers well before eating
- Set upa storage room or animal-proof storage tent
- Dispose of waste frequently
- Damp mop kitchen floor daily in home storage
- Wash kitchen utensils in hot water

- Rinse dishes
- Provide hot washing-up water for participantsat camp after meals
- Store dishes in a personal cloth bag
- Cleaning cloths for general cleaning work do not belong in the kitchen

## Toilet

- Clean daily with cleaning agent
- Provide soap and towels
- If diarrhea occurs, designatea "sick toilet" (disinfect the door handle several times a day)
- Latrines should be as comfortable and clean as possible , otherwise theywill be avoided
- useburnt lime to flush latrines

## Camp duties

- Table setting, clearing and cleaning tables
- Washing up and drying
- Cleaning toilets and washrooms
- Mopping corridors
- Tidying up the surroundings

**Note**: Alltasks must be described in detail so that the participants know what work needs to be done.

## Picture credits

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### Weitere Informationen

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