



## CITY OF ST JOSEPH HEALTH DEPARTMENT TOTAL PREPARATION INFORMATION SERIES

July 14, 2017

### ECLIPSE CAMPING

So you're going to be camping for the eclipse! Camping during the eclipse won't differ from camping any other time except for the anticipated volume of campers if you are within a roughly 70-mile-wide path from Oregon to South Carolina (<https://go.nasa.gov/2pC0lhe>). Because of the large number of people in the area, preparation will be the key to comfort! Especially for the eclipse weekend, expect the unexpected!

If you are not a regular camper or outdoorsperson, a lot can be learned by visiting the library, getting online, or going to a sporting goods store. Visit with someone who has camping experience before embarking on your own adventure. As you make lists of things you'll need, keep in mind the conditions you'll face during the eclipse weekend. Bring more than enough food, water, sunscreen, insect repellent, and other supplies. Plan to be out in the heat for extended periods of time, and understand there will most likely be many other people around you. Traffic is likely to be heavy and a trip to the store to stock up on supplies or pick up a forgotten item could be a challenge. Cell phone and internet service could be spotty.

There are several local areas where camp sites have been established for the weekend preceding the eclipse. Most have restroom facilities, all are temporary campgrounds set up specifically to accommodate the influx of patrons to our region. The St. Joseph Convention and Visitors Bureau website has links to many of the camping sites, found here <http://www.stjomo.com/eclipse2017/>

Some items to bring when camping:

- A tent or camper
- Sleeping bag, mat, or air mattress and pump

- Food preparation items – cooking utensils, coolers, etc.
- A first aid kit should include bandages, antiseptic wipes, sterile gauze pads and tape, antibiotic ointment, acetaminophen and ibuprofen, aspirin, tweezers, plastic non-latex gloves, disposable instant cold packs, calamine lotion, alcohol wipes, and a first aid manual
- Lots of water: individual bottles, gallon jugs, even non-potable water for rinsing dishes, clothes or feet
- Insect repellent and sunscreen, and use them regularly. Tick-borne illnesses across the nation are on the increase (learn what to look for and how to remove ticks before your camping trip <http://health.mo.gov/living/healthcondiseases/communicable/tickscarrydisease/pdf/99TickCheckBookmark.pdf>).
- Flashlights and extra batteries
- A pair of sandals you can slip on to do what you would normally do barefoot at home
- Towels: Paper towels, hand towels, body towels, old grubby clean-up-the-dog-towels
- Four trash can liners: One for trash, one for dirty clothes, one for wet clothes (and towels), and one for all the stuff you missed when you're packing up the car to leave
- Toiletries: a toothbrush, soap, deodorant, toilet paper, other personal hygiene items
- Prescription medications

Be considerate of other campers by observing quiet hours, not walking through other campsites, keeping pets on leashes, and cleaning up after yourself. It's the cardinal rule of camping and hiking—you pack out what you pack in. There is more to camping than just having the right items! Having the right skills and attitude will make your trip a lot more enjoyable.

Missouri has abundant outdoor recreation areas for connecting with nature. Find amazing places to camp throughout our great state at these Missouri websites:

<https://nature.mdc.mo.gov/discover-nature/activities/camping>

<https://mostateparks.com/activity/camping>

<https://www.visitmo.com/places-to-stay/campgrounds-and-rv-sites.aspx>

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