



Canada Camping Staycation Travel-Health Checklist

A camping staycation is one of the best ways to explore Canada’s natural beauty while staying close to home. From provincial parks and forest reserves to lakeside campgrounds, outdoor getaways offer fresh air, adventure and a break from daily routines. However, spending time in the wilderness also requires a bit of preparation to stay healthy and safe. Weather can change quickly, insects can be persistent and remote locations may mean limited access to services. Before heading out on your next camping staycation, use this simple travel-health checklist to make sure you’re ready for a comfortable and worry-free outdoor experience.

BEFORE YOU GO

- Check weather conditions** for your destination and pack accordingly.
- Review campground facilities** (water access, washrooms, fire restrictions).
- Tell a friend or family member your itinerary**, especially for backcountry trips.
- Ensure routine medications are packed** and stored safely.
- Confirm travel insurance coverage**, particularly for remote activities or longer trips.
- Download maps or park apps** in case mobile service is limited.

HEALTH & SAFETY ESSENTIALS

- Basic **first aid kit** (bandages, antiseptic wipes, gauze, tape).
- Pain relief medication** such as acetaminophen or ibuprofen.
- Allergy medication** or antihistamines.
- Blisters treatment** for hiking trips.
- Insect bite cream** or anti-itch lotion.
- Hand sanitiser** and disinfectant wipes.
- Thermometer** and basic medical supplies.
- Emergency contact information**

SUN & WEATHER PROTECTION

- Sunscreen** (SPF 30 or higher).

- Wide-brim hat** or cap.
- Sunglasses with UV protection**.
- Lightweight long-sleeve clothing for sun and bug protection**.
- Rain jacket or waterproof layer**.
- Extra warm layers for cool evenings**.

INSECT & WILDLIFE SAFETY

- Insect repellent** suitable for mosquitoes and ticks.
- Tick removal tool or tweezers**.
- Long socks and closed-toe shoes** for wooded areas.
- Bear-safe food storage** if camping in wildlife regions.
- Scent-free toiletries** to avoid attracting animals.

FOOD & WATER SAFETY

- Reusable water bottles** or hydration packs.
- Portable water filter or purification tablets** for backcountry camping.
- Cooler with ice packs** for perishables.
- Hand-washing supplies** for food preparation.
- Trash bags** to keep the campsite clean and wildlife-safe.

COMFORT & WELLNESS ITEMS

- Sleep essentials** (sleeping bag,

- sleeping pad or air mattress).
- Flashlight or headlamp** with extra batteries.
- Electrolyte packets or hydration mixes**.
- Reusable towel and biodegradable soap**.
- Personal hygiene products**.
- Bug-proof tent or mosquito netting**.

FINAL TIP

A little planning goes a long way toward making your camping staycation enjoyable. By preparing for health, weather and safety needs before leaving home, you can focus on what matters most — relaxing by the campfire, exploring Canada’s trails and making lasting outdoor memories.

