



## **How to Pack for a Safe, Healthy Camping Trip**

From water sources to meat temperatures, here's what to know before you go.

*By Toby Amidor | June 27, 2014*

Summer is the perfect time to enjoy the great outdoors and get away from the hustle and bustle of everyday life. With the smell of fresh grass, sightings of wildlife and sounds of nature, I can't think of a better way than camping to relax and refresh. But a poorly packed cooler can spoil even the most calming of vacations. Here's how to pack for a safe, healthy trip.

### **Eat Well**

**Dehydrated foods:** You can now find dehydrated foods that contain a simple ingredient list with few preservatives. One of my favorite options is Birch Benders pancake mixes. This company sells small, 2.5-ounce jars of pancake mix in a number of varieties, such as six-grain cinnamon, gluten-free and banana buckwheat. Just add water and cook over a fire, and you've got a delicious and easy meal.

*Check out the full article here:*

<http://health.usnews.com/health-news/blogs/eat-run/2014/06/27/how-to-pack-for-a-safe-healthy-camping-trip>