

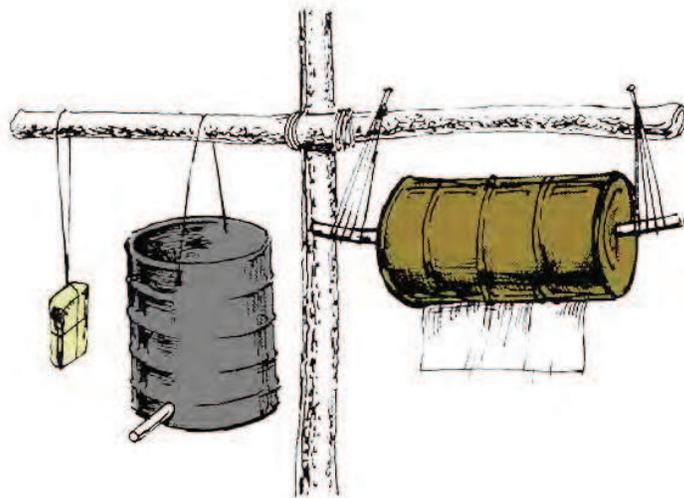
Hand washing can remove not only dirt but germs that can cause infection. It doesn't take much sin to "infect" our lives, but Christ can clean and heal our lives.

## Personal Hygiene and Washing

### Personal Hygiene

Good personal hygiene and care is necessary in the outdoors as well as at home. The following suggestions should be followed:

- Socks and underwear should be changed daily when possible.
- Daily bathing should be done when possible. Brush teeth at least daily.
- Hands should be washed upon arising, before preparing and eating meals, after using the restroom or latrine, and before going to bed. Use biodegradable soap.
- Feet should receive attention and be well cared for. Keep dry. Use foot powder. Avoid blisters by wearing well-fitting shoes/boots. If blisters develop, avoid breaking the skin and cover with moleskin or thick bandage.
- Rest periods should be scheduled to prevent overexertion or excessive fatigue. Sufficient rest and sleep are important.
- A complete body check should be made at the end of each day for ticks, rashes, etc.
- Have a complete medical checkup at least once a year.



### Personal Washing

- **Hands** - Use biodegradable soap or a waterless hand cleanser (may be purchased at various retail stores).
- **Hand Washing Stand** - For an overnight campout a hand washing stand may be built. Use tin cans or plastic bottles to hold water and paper towels. To catch runoff water, place a container under the water bottle or dig a hole and line it with small rocks.
- **Bathing** - Use public shower facilities if available. Otherwise, make your own camp bath/shower area. Secure a secluded area some distance from the campsite and any natural water source. Have 2 pots of water and biodegradable soap; 1 pot of water for soaping and washing and the other pot for rinsing. If desired, water may be heated by setting it out in sun or heating it on camp stove or fire. After use, broadcast leftover water over a wide area.