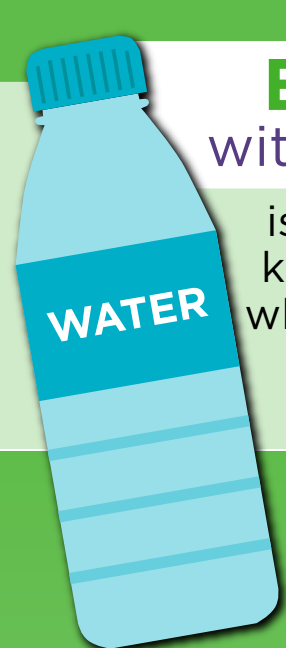


GOOD Oral Health

WHILE CAMPING

How to brush, floss, and keep your mouth healthy while camping, RVing, or away from home this summer



BRUSHING with bottled water

is a healthy way to keep plaque at bay while out in the wild.



TIME TO BRUSH!

Remind kids when it's time to brush and floss.

A few reminders can go a long way, especially when they're out of their routine!



SHARING toothbrushes is never a good idea.

Make sure everyone has their own toothbrush. Cavity-causing bacteria can be passed from a mouth with cavities to a healthy mouth.



BATTERY POWERED Electric Toothbrush

They allow you to maintain good brushing habits no matter where you are. Best part is that they don't need any charging!



KEEP IT DRY

A wet toothbrush makes an ideal home for bacteria growth. Make sure to store them in a cool, dry place until it's time to brush again!



BE RESPECTFUL TO NATURE.

Don't leave used floss or globs of toothpaste at the campground. If animals eat that, it can make them very sick. Brush at the far edge of the camp site and spray the spit to spread it out. This will help minimize the environmental impact.



SNACKING ON TRAIL MIX

Raisins can be quite sticky, and the sugar in trail mix can also damage your teeth. Always have a bottle of water at your side not only to stay hydrated, but also to rinse after eating and between brushes. This will help keep the mouth lubricated and hydrated, flushing out any trapped food particles.



This can help freshen the breath and reduce bacteria in the mouth between brushing. DON'T spit the gum on the ground, of course, as this is also harmful to nature.

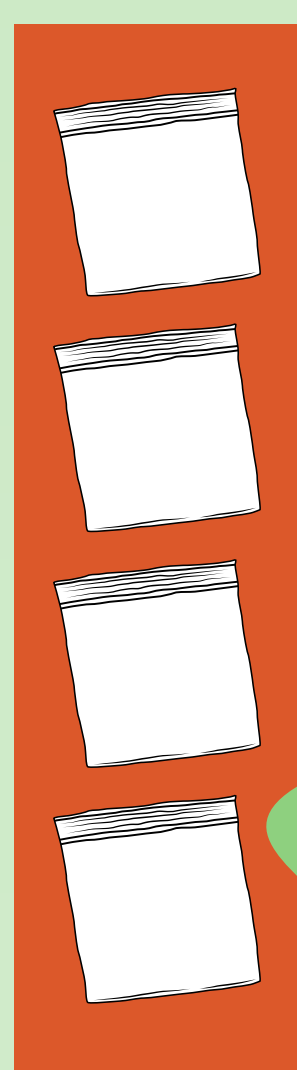


Emergencies

They can happen anywhere, and so can dental emergencies. Pack up an emergency dental kit with cotton, tweezers, toothache drops or pain reliever, and sterile gauze pads.

DID YOU KNOW?

Bears are attracted to mint, so pre-pack everyone's toothbrush, toothpaste, floss and mouthwash in individual bags that close.



Sources:

- <https://www.deltadental.com/grinmag/us/en/DDVA/2019/summer/lifestyle/essentials-for-summer-camp.html>
- https://www2.deltadentalwa.com/media/content-library/documents/oral-health/camping-and-your-smile_v1.ashx?la=en