



Food Safety While Boating, Camping and Hiking

General Rules for Outdoor Food Safety:

- Pack safely: use a cooler, or pack foods in the frozen state with a cold source when hiking or backpacking.
 - Keep raw foods separate from other foods.
 - Never bring meat, poultry or perishable products without a cold source to keep them safe.
- Protect yourself and your family by washing your hands before and after handling food.
- Bring liquid hand sanitizer, disposable wipes or biodegradable soap for hand and dishwashing.
- Bring bottled or tap water for drinking.
 - Otherwise, boil water or use water purification tablets.
- Leftover food is only safe if the cooler still has ice in it.
 - Otherwise, discard leftovers.
 - When in doubt, throw it out.
- Do not leave trash in the wild or throw it off your boat.
- Always remember to keep hot food hot and cold food cold.

Keep Everything Clean:

- Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry.
 - If you are going somewhere where running water is not available, bring water with you. Or pack liquid hand sanitizer.
- Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils.
- When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods.

Cook Thoroughly:

- Fresh and frozen raw meat, poultry and fish should be cooked hot enough to kill the bacteria, parasites and viruses that may be in the product.
- Always use a meat thermometer to check temperatures.
- Color is not a reliable indicator of doneness.

FOOD	SAFE INTERNAL TEMPERATURE *
Whole poultry	180°F
Chicken breasts	170°F
Ground turkey and poultry	165°F
Ground beef hamburgers	160°F
All cuts of pork	160°F
Beef, veal, lamb steaks, roasts and chops	160°F **
All other meat and fish	160°F

* Regulated facilities may cook to different temperatures because staff are trained in the use of time and temperature to reach safe standards.

** Medium done.

Safe Drinking Water:

It is not a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears.

- Bring bottled or tap water for drinking.
 - Always start out with a full water bottle, and replenish your supply from tested public systems when possible.
- The surest way to make water safe is to boil it.
 - Boiling will kill microorganisms.

Arizona Department of Health Services

Food Safety While Boating Camping and Hiking Factsheet

- First, bring water to a rolling boil, and then continue boiling for 1 minute.
- Before heating, muddy water should be allowed to stand for a while to allow the silt to settle to the bottom.
- Dip the clear water off the top and boil.
- As an alternative to boiling water, you can also use water purification tablets and water filters.
 - The purification tablets kill most waterborne bacteria, viruses, and some (but not all) parasites.
 - Because some parasites – such as *Cryptosporidium parvum*, *Giardia lamblia*, and larger bacteria – are not killed by purification tablets, you must also use a water filter.
 - These water-filtering devices must be 1 micron absolute or smaller.
 - Over time purification tablets lose their potency, so keep your supply fresh.

Safe Fish-handling:

- Scale, gut, and clean fish as soon as they're caught.
- Live fish can be kept on stringers or in live wells, as long as they have enough water and enough room to move and breathe.
- Wrap fish, both whole and cleaned, in water-tight plastic and store on ice.
- Keep 3 to 4 inches of ice on the bottom of the cooler. Alternate layers of ice and fish.
- Store cooler out of the sun and cover with a blanket.
- Once home, eat fresh fish within 1 to 2 days or freeze them. For top quality, use frozen fish within 3 to 6 months.

Safe Foods to Bring Camping or Hiking:

- Peanut butter in plastic jars
- Concentrated juice boxes
- Canned tuna, ham, chicken, and beef
- Dried noodles and soups
- Beef jerky and other dried meats
- Dehydrated foods
- Dried fruits and nuts
- Powdered milk and fruit drinks
- Powdered mixes for biscuits or pancakes
- Dried pasta
- Bottled or tap water

