

## What's In Your Gear? Common Camping Poisons

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As the weather gets warmer, people are spending more time outdoors. Camping is a popular activity but items used on a camping trip can be dangerous. It is important to know how to use each product safely to prevent poisoning.



### Camp stoves

Kerosene, gasoline, and “white gas” are three common fuels used for camp stoves. These fuels can be toxic if they are inhaled, eaten, or contact your skin. If they are eaten or inhaled it may cause an upset stomach, vomiting, confusion, and headache. If they contact your skin, they can cause burns and irritation.

### Carbon Monoxide

Carbon monoxide is a gas created from fires or from burning fuel. Carbon monoxide does not have a smell or color so people may not know that they are exposed. People may experience headache, upset stomach, dizziness, or difficulty breathing. To prevent poisoning, avoid cooking or using a generator inside a tent or other enclosed spaces.

### Campfire Flame Color Enhancers

There are different crystals or sticks that can be used to create rainbow-colored campfire flames. These packets look very similar to candy crystals, like Pop Rocks. However, they contain a dangerous chemical called copper sulfate. When ingested, copper sulfate can cause upset stomach, nausea, and vomiting. Serious exposures can cause damage to the digestive system.

To prevent poisoning, make sure you keep dangerous items out of reach of children and pets. Use them safely and properly. When packing for your next trip, be aware of what items may be toxic so that you and your loved ones can be safe this summer. Call the Poison Center 1-800-222-1222 for any exposures to these camping items.



### Upcoming Events

- June 28: Anoka Safety Fair from 10-2 pm at Sunny Acres Park



### Did You Know?

In 1975:

- The Poison Center took **12,117 calls**
- Students enrolled in the Doctor of Pharmacy program at the University of Minnesota were hired to take calls on the evenings and weekends
- The busiest month was July at 1,330 calls
- The Poison Center developed “If Your Child Is Poisoned.” A brochure that instructs parents what to do and what information to provide the Poison Center or their doctor.