

# Three Camping Must-dos

(continued)



## 5 CAMPING MUST-HAVES

### Tell someone where you're going.

1

Talk through your plan with a trusted friend or family member, sharing your destination, general plans while there, and your expected return date. If you don't return on schedule and they can't get in touch, they'll be able to notify the proper authorities.

### Take a first aid course.

This requires some advance planning but may be critical when you're outdoors and far from medical treatment. "Having a basic knowledge of first aid never hurts," says Couturier.

2

### Follow the ART method.

3

Good camping prep and etiquette can be summed up with the ART method: being aware, respectful, and timely. Couturier reminds campers to be cognizant of factors like weather, potential hazards, and surrounding wildlife—and to prepare accordingly. She advises to respect the environment and to pack and bring out everything you brought in. Finally, don't rush. "Take your time setting up and then take the time to enjoy what you came to do," Couturier says. "If you can remember this, you are already ahead of the game."



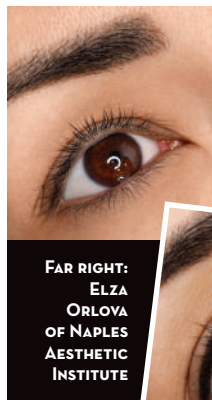
**1. FIRST AID KIT:** "I WOULDN'T GO ANYWHERE WITHOUT A REALLY GOOD FIRST AID KIT," SAYS COUTURIER. AT MINIMUM, SHE RECOMMENDS IT CONTAIN PAIN MEDICATION, AFTER BITE (OR OTHER ITCH/STING RELIEF), A STOMACH SOOTHER, BANDAGES, SMALL SCISSORS, BURN RELIEF, ANY PERSONAL MEDICATIONS, AND SUNSCREEN WITH AN SPF OF AT LEAST 35.

**2. WATER:** BRING AT LEAST 1 GALLON PER PERSON PER DAY. "THIS IS AN ABSOLUTE MUST," NOTES COUTURIER.

**3. APPROPRIATE CLOTHING:** COUTURIER RECOMMENDS COOL, BREATHABLE FABRICS WITH A MOISTURE-WICKING FEATURE TO HELP PREVENT OVERHEATING.

**4. STURDY SHOES:** BESIDES PROTECTING YOUR FEET, THESE MAY HELP PREVENT A BACK OR KNEE INJURY.

**5. MAP AND COMPASS:** "PAPER MAPS ARE GREAT IN CASE CELL SERVICE IS LESS THAN IDEAL," ADVISES COUTURIER. IF YOU'RE RELYING ON DIGITAL MAPS, MAKE SURE THEY'RE UPDATED FOR THE AREA AND AVAILABLE OFFLINE. —E.K.



FAR RIGHT:  
ELZA  
ORLOVA  
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## Making Makeup PERMANENT

If your mornings involve a lengthy makeup routine, permanent makeup might be for you. The procedure uses surface tattoos to adjust the color and shape of your eyes, eyebrows, and lips.

"High-quality permanent makeup should look like a light day makeup," explains Elza Orlova, a permanent makeup artist at the **Naples Aesthetic Institute**.

Because the pigment is injected only into the top layers of the skin, she says it's not very painful. According to Orlova, permanent makeup lasts around two to three years and does not smudge or spread.

Because it can only be removed with another procedure, however, she adds it's important to choose a professional and to stick with regular makeup if you frequently change your style. She also cautions against permanent makeup if you have diabetes, hemophilia, epilepsy, or are pregnant. Nevertheless, Orlova says that for those who are allergic to regular cosmetics or who frequently reapply makeup throughout the day, it could be a beneficial option.

"Permanent makeup will not look bright and vulgar," she says. "It will only delicately emphasize your natural beauty." ([naplesaestheticinstitute.com](http://naplesaestheticinstitute.com))—E.K.