



10 tips to maintain oral hygiene while outdoors

Summer is here! As your family gets the itch to spend more time outside, camping, hiking and other outdoor trips make for a perfect vacation throughout the warmer months.

Outdoor trips promote overall health, both mental and physical, because they offer opportunities to socialize, get active and explore.

While in the great outdoors, it's important to maintain your oral hygiene with these 10 tips:

1. Brush morning and night with bottled water.
2. Set reminders to brush and floss.
3. Don't share toothbrushes with fellow travelers.
4. Pack a battery-powered electric toothbrush.
5. Dry toothbrushes before packing them away.
6. Don't leave floss or toothpaste at the campsite.
7. Always have bottled water on hand.
8. Don't spit gum or other harmful foods on the ground. Have a designated place for trash to throw away when you get home from your trip.
9. Pack an emergency dental kit.
10. Pre-pack mint products, toothbrushes, toothpaste, floss and mouthwash in individual closable bags because animals are attracted to mint!