

# Food Safety While Boating, Camping and Hiking

## MINNESOTA DEPARTMENT OF HEALTH CONSUMER FACT SHEET

### 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 or poultry 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.
- Do not leave trash in the wild or throw it off your boat.

### 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

### 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. 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.

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 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

Minnesota Department of Health

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