



A CAMPER'S GUIDE TO

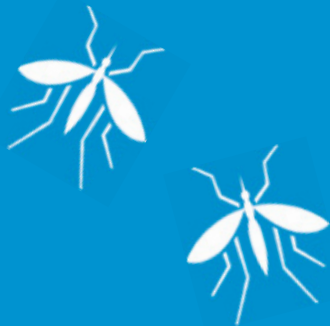
MOSQUITO & TICK CONTROL

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Life is too short not to stay outside. Camping can be a fun and rewarding adventure, but with the risk of mosquitoes and ticks, it's important to stay safe.

In this guide, we'll go through the best ways to protect yourself from getting bitten by mosquitoes and ticks, so you can have a completely worry-free camping trip.

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INTRODUCTION



No matter how old you are, camping can be a tonne of fun. What's not to love about staring up at the stars while sitting round a campfire munching on marshmallows?

Despite how great it is to unplug from the rest of the world and enjoy the great outdoors, camping can be a little risky, too. Thanks to biting bugs that have the potential to pass on nasty diseases, campers need to be skin-smart, especially when it comes to mosquitoes and ticks.

There's no reason to let biting bugs ruin all your fun, though. Knowing how to protect yourself is super important, so we're going to share our top tips for preventing mosquito bites and tick bites when you're out camping.



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CAMPER CLOTHING



When you're camping, it's important to dress for the occasion.

Now, we're not suggesting that you deck yourself out in camouflage or khaki. Instead, we're recommending that you wear the right protective clothing to help you avoid mosquito or tick bites.

On the next page, we'll cover 4 handy tips so you can pack the right clothing for your camping trip.

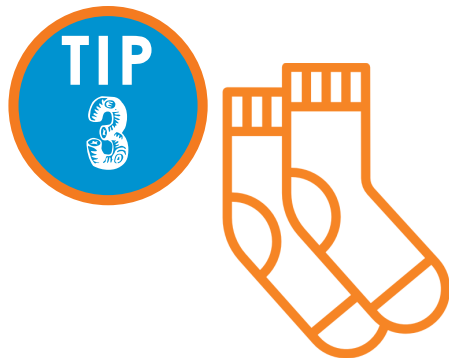




Wear long sleeved clothing to cover your skin and help protect you from both mosquitoes and ticks. Mosquitoes can bite through tight weave, so a loose fit is a better option.

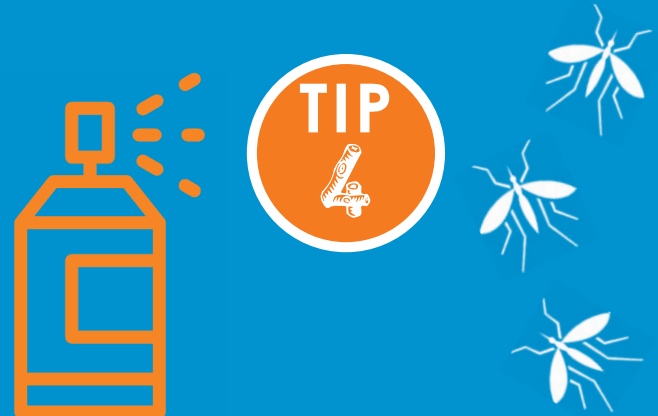


Try to choose light colours, too; mosquitoes are more attracted to dark colours like black and blue, so a lighter tone will make you harder for mosquitoes to see. Plus, light colours will make it easier for you to spot a tick that might have landed on you.



If you're going for a walk or a hike, especially in the woods, tuck your pants into your socks.

You won't win any fashion points, but you will protect your skin in the event a tick latches onto your shoes and crawls up your pants.



Another handy tip is to treat your clothes with permethrin, or purchase pre-treated clothing that you can use for outdoor adventures. Permethrin is a highly effective insect repellent that works for both ticks and mosquitoes, so when combined with other preventative measures, you should be all set.

PROTECTING YOUR SKIN



Using repellent is a tried and tested way to protect your skin from bites. But don't just buy anything; make sure you purchase a repellent that has DEET.

Products containing DEET, such as liquids, lotions, and sprays, are designed to be applied directly to the skin. DEET makes it harder for mosquitoes and ticks to smell you, since our lactic acids and carbon dioxide are a good indicator that we're around. DEET confuses their senses, which is why it's so effective.

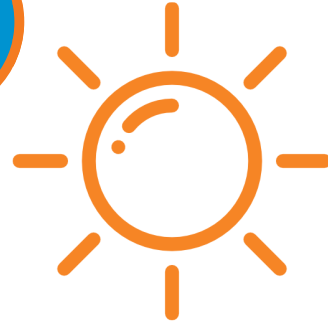


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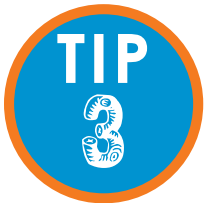
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Look for products that contain more than 20% of DEET. Make sure you read the label and follow all the instructions. Reapply when you need to; don't assume you'll be protected all day and night with just 1 application.



If you're out in the sun, you should be wearing sunscreen too. Apply sunscreen before you head outside, then apply your repellent once the sunscreen has bonded to your skin. The label should tell you how long that will take (generally around 15 minutes).



Spray just enough repellent to cover any exposed skin. Make sure you don't spray your hands, eyes, nostrils, or lips, or anywhere that has a cut or irritation.



Don't spray the repellent in an enclosed area, such as a tent. You want to avoid inhaling any spray or mist, so it's best to apply in an open area. Once you're in the comfort of an indoor environment again, you can go ahead and wash off the repellent.

CAMPER HABITAT



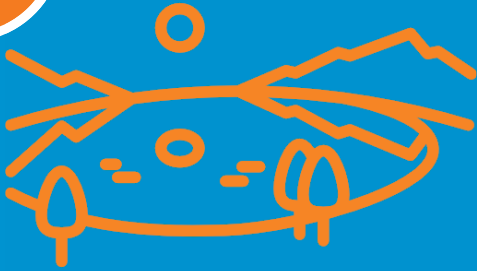
It's a fact; if you're camping, you're going to be sharing space with all sorts of creatures.

Just like all creatures, mosquitoes and ticks have particular spots that they prefer. If you know what kinds of habitats dangerous insects like to linger in, you'll be better equipped to either take extra precautions like correct clothing and repellent, or avoid those areas completely.



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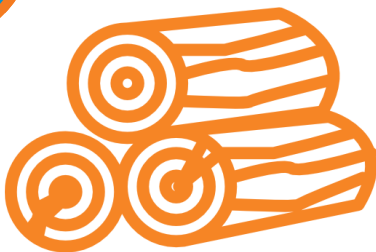
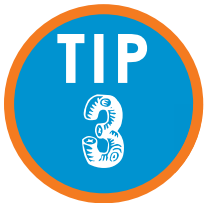
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Mosquitoes never travel too far from standing water. So if you're near a lake, large puddles, or anywhere containing more than an inch of standing water, mosquitoes could be close by.

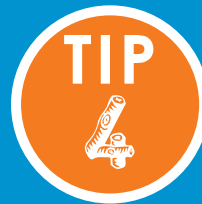


Mosquitoes also tend to wait around in trees and shrubs before they pick their targets and go for a blood meal, so it's safe to say they'll be around every corner if you're camping.



Ticks prefer to hang low, in tall grasses or wooded areas.

They also dry out quite easily, so the woods give them a moist, shady environment to live in.



Ticks don't fly like mosquitoes do, and they can't jump, so the only way they'll attach themselves to you is if you brush past something that a tick is waiting around on, at which point they usually crawl upwards. If you're out in the woods, stick to walking trails and don't get too intimate with grassy or woody areas.

PITCHING YOUR TENT



To save your skin from night time bites, make sure you pitch your tent in an appropriate spot.

Now that you know what kinds of habitats mosquitoes and ticks hang around in, you should have a better idea of where not to get cosy for the night.

But before you leave home, make sure your tent is fit for the task. Check for any rips or holes that bugs could get into; if you find any, either seal them properly or buy a new tent.

Flick the page for 4 handy tent-pitching tips.



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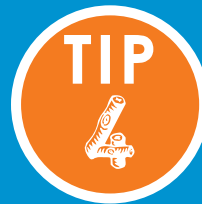
Don't pitch your tent near a lake or standing water. Mosquitoes breed in standing water, and tend not to travel far.



Pick a spot with a good breeze. Mosquitoes are weak fliers, so even the slightest breeze will help stop them from approaching you.

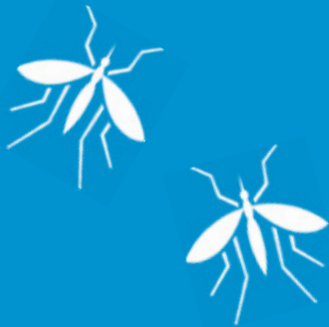


Don't pitch your tent beside tall grasses. Ticks rest on grass blades while waiting for a host.



Don't pitch your tent next to wood piles, leaf litter, or any moist and shady areas. Wood or leaf piles provide ticks with a humid, moist, and shady area to rest. Choose a sunny, cleared area instead.

TALK TO THE CAMPSITE



A lot of campsites will treat their grounds with mosquito and tick barrier control, so if you're really concerned about the risk of West Nile Virus or Lyme disease, it's worth doing some of your own research.

Park staff might be able to give you some advice about the best places to camp if you want to avoid ticks or mosquitoes. Equally, some areas are known risk areas for ticks, so it's worth finding out if the spot you're thinking about has a reputation.



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