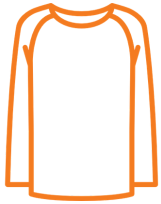




A CAMPER'S GUIDE TO MOSQUITO AND TICK CONTROL

CAMPER CLOTHING



Wear long sleeved and loose fitting clothing



Wear light colours, not dark colours like black or blue



If you're going hiking, tuck your pants into your socks



Wear clothing pre-treated with permethrin

PROTECTING YOUR SKIN



Look for products with more than 20% DEET



Apply repellent after sunscreen has bonded



Don't spray near cuts, hands, eyes, nostrils, or lips



Spray in an open area, not an enclosed area

CAMPER HABITAT



Beware of mosquitoes - they breed in standing water, like lakes or puddles



Mosquitoes live, rest, and hide in trees & shrubs, waiting for a blood meal



Beware of ticks - they hang low in wooded or grassy areas



Stick to walking trails to avoid coming into contact with tall grasses (and ticks!)

PITCHING YOUR TENT



Don't pitch your tent near standing water



Pick a spot with a good breeze to avoid mosquitoes



Don't pitch your tent near tall grasses



Don't pitch your tent near leaf or wood piles