Tick Prevention:

Things You Can Do Before Camp

Ticks and mosquitos are alive and well at Camp Liahona Redwoods! Protect yourself and prevent bites by preparing prior to camp. The following are some tips on tick and mosquito bite prevention.

Non-Chemical Protection

* Opt for lightweight clothing with long sleeves and long pants that are fitted at the wrists and ankles. Loose clothing provides openings for ticks to get in. Ticks can’t bite through leggings.
* Tall, thick socks you can tuck your pants into. Let’s make this look cool!
* Avoid mesh. Mesh is easy to bite through.
* Light colored clothing. Ticks are black so light-colored clothing makes it easier to see ticks and brush them off before they can bite.

Chemical Protection

* Treat your clothing and gear before camp with products containing 0.5% permethrin. Permethrin can be sprayed directly on clothing and gear, it will remain through several washings. Allow 2+ hours for clothing and gear to dry before packing.
* Permethrin can be purchased on Amazon and at outdoor stores, like REI. Use as directed.
* Outdoor clothing treated with Permethrin can be purchased on Amazon and at outdoor stores, like REI.
* Note: Permethrin is a pesticide, do not spray it on your skin and protect your eyes, nose, and mouth while treating clothes.
* Insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, para-methane-dial (PMD), or 2-undecanone. Read labels and confirm the product repels ticks, not all do.
* Essential oils: garlic oil, rosemary, lemongrass, cedar, peppermint, thyme, and geraniol are believed to help repel ticks.

Resources:

* <https://www.cdc.gov/ticks/avoid/on_people.html>
* <https://www.epa.gov/insect-repellents>
* <https://www.explore-mag.com/10-Clothing-Tips-to-Avoid-Tick-Bites>
* <https://www.consumerreports.org/health/insect-repellent/is-permethrin-treated-clothing-safe-and-effective-a7181708753/>