

Fun and Safe Camping

Protect Yourself from Mosquito Bites



Night or day, be prepared

Mosquitoes that spread Zika are aggressive daytime biters. Other mosquitoes are active at dawn and dusk.



Use insect repellent

It works! Look for these active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

A few brand examples:

- OFF! • Cutter
- Repel • Sawyer
- Skin So Soft Bug Guard Plus
- Skin Smart



Wear protective clothes

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin. Use insect repellent on exposed skin, but not under clothes.



Mosquito-proof your campsite

Use screens on cabin windows or mosquito netting in cabins and tents. Empty and turn over containers that hold water near your campsite.