



4-H Camp Ohio
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Camp & Bed Bugs: Packing for Prevention

Whether they come to camp every year or this is their first trip, attending camp is an exciting time for children. Making new friends, exploring nature, and trying new things are all part of the camp experience and create memories that will last a lifetime.

However, along with all the good parts of camp, a pesky little bug can also be part of the experience. In recent years, bed bugs have made a resurgence in North America. They are often found in hotels, multi-unit dwellings, and other structures that house people for short periods of time, such as camps. While bed bugs may be a nuisance, they do not transmit disease to people.

The good news is that there are simple steps that can be taken to help ensure that children do not bring bed bugs to camp or back home. We are taking proactive steps in our camp facilities, please help us by following the packing advice listed below:

PACKING FOR CAMP

- ✓ **Visually inspect items for bugs.** Take sleeping bags, blankets, and luggage out of storage, place them outdoors, and inspect them carefully for any signs of bugs or eggs.
- ✓ **Tumble bedding and luggage in clothes dryer.** Place bedding or luggage in the clothes dryer and tumble them on a high heat setting for 30 minutes. The heat from the dryer kills bed bugs and eggs. For items that cannot be placed in a dryer, place into a black plastic garbage bag, then put it out in the hot sun for a day(s) as heat can kill this pest.
- ✓ **Use a heavy gauge garbage bag as a liner in luggage.** Place all clothing inside the liner and tightly twist and knot to seal. This will help keep bed bugs out of clothing. In addition, place bedding in a separate garbage bag. Duffle bags are recommended as luggage for campers as they can be placed in a dryer. Additional recommendation is keeping luggage closed when not in use. Rubbermaid container is also an option.
- ✓ **Pack extra garbage bags.** Be sure to pack two extra garbage bags for your child. One bag will be used for all dirty clothing and the other will be used for dirty bedding.

COMING HOME FROM CAMP

✓ **Inspect items before you bring them indoors.** Inspect items that cannot be placed in a washer/dryer for evidence of bed bugs outdoors and clean if necessary before bringing them indoors. Place bedding and clothes stored in garbage bags directly into the washer/dryer. Dispose of the plastic bag outdoors.

✓ **Clean all camp items.** For items that can be laundered, use a hot water setting and tumble dry on high heat for at least 30 minutes. For items that cannot be laundered, such as suitcases, vacuuming and place into a black plastic garbage bag, then put it out in the hot sun for a day(s) as heat can kill this pest.

✓ **Wipe off shoes.** Use rubbing alcohol to wipe off the bottoms of shoes.

<http://www.acacamps.org/knowledge/health/diseases/bedbugs>

<http://www.centralohiobedbugs.org>

4-H Camp Ohio's Procedure for Prevention:

✓ **Cabins checks for bugs are performed immediately after a group departs as part of our normal cabin sweep procedures.** The inspection is performed by the company Four Paws K9 Detection.

<http://fourpawsk9detection.com/>

✓ **CimeXa dust is professionally applied on each bed and cabin as routine treatment.** This is to prevent bugs being brought into the cabins and laying eggs. If any signs of bed bugs are found during inspections, after a group has left, we immediately contact our extermination company for an additional inspection and treatment.

<http://www.rockwelllabs.com/CimeXaInsecticideDust.shtml>

Please do not bring and apply store bought sprays as they can dilute or wash away the CimeXa dust leaving an untreated area.

✓ **If during a stay a guest believes to have found signs of bed bugs we immediately collect all clothing, luggage and bedding from the cabin and heat using laundry dryers to kill any bugs that may be in the guests belongings. If possible we then move the group to another cabin.**

If you have any further questions, please feel free to contact us.

**Anthony Imbody
Executive Director
4-H Camp Ohio**