



Dedicated to Providing the Ultimate Health & Hygiene Protection for Travellers

Personal Protection from Insect Bites

Being prepared for your dream trip abroad is more than just packing your passport and suitcase. If there is a risk of insect bites, you will want to consider insect bite protection before you go.

Get Professional Advice

- Seek medical advice 6-8 weeks before you travel, especially if you have had bad reactions to bites in the past
- Visit a travel clinic or your GP
- If you have been bitten whilst abroad, symptoms can set in after you return, so be sure to visit a doctor to get checked out

What to Pack for Bite Avoidance?

Take these items with you for the best chance of coming home bite free:

- Clothes should be loose, long-sleeved and made from a fine-woven and light coloured fabric
- Take a spray insect repellent for easy application
- For protection whilst sleeping, pack an impregnated mosquito net
- A fabric spray containing a natural insecticide is useful for spraying backpacks, tents and outdoor kit
- Visiting a midge prone area? Midge head nets and a mesh jacket offer vital protection

What NOT to Pack?

- Avoid dark clothing which attracts mosquitoes
- Close fitting watches or tight jewellery



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- Perfumes or aftershaves as they tend to attract insects

More Tips for Staying Bite Free

- Close doors and windows before dusk
- Try to avoid going outdoors between dusk and dawn
- Avoid areas of stagnant water where insects breed
- Wash regularly, as sweat attracts insects
- After swimming make sure to reapply repellent
- Avoid shaded wooded areas - biting is less of a problem in brightly lit areas
- Unless necessary, avoid high grass and undergrowth areas
- If staying in a hotel, choose a room above the third floor. Mosquitoes and sand-flies tend to fly at lower levels.

Reaction to Bites

Have you had a bad reaction or severe allergy to bites in the past? Then it is even more important to be vigilant with insect protection. If you do get bitten avoid scratching the bites as they can become infected. It is a good idea to carry a soothing bite relief spray in case you forget to wear repellent, such as Bug Bite Relief. If you are badly bitten, see a doctor immediately following your return home.

Every effort is taken to ensure that the information published on this website is accurate and informative. It is not intended to replace a consultation with an appropriately qualified medical practitioner.

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