

# Don't let the bugs bug you!



Follow some of these tips to get them to buzz off!

Bugs keeping you from exploring? Try these helpful solutions!

## Tip: Avoid Peak Times!

Tip: Most bugs are active at sunrise, sundown, and in the shade.

## Get them to react - with chemicals!

**Deet** - This is one of the longest used and most well-known chemicals that repels mosquitoes. It should only be applied to exposed skin. It loses some of its repellent properties when it is sprayed on clothing or gear.

**Permethrin** - This is a newer chemical that has been proven to be one of the most effective ways to repel mosquitoes. You can spray it on clothes and your gear. You should avoid spraying this directly on your skin.

Tip: Bugs don't enjoy the wind, so if there's a breeze, it can be a great chance to get outdoors

Mix it up - Make your own repellent (Want to know more? Check out our other activities related to the Home Scientist Badge.)

Try mixing a ½ cup witch hazel to a ½ cup water in a small spray bottle, you could also add several drops of essential oils for fragrance. Some ingredients to consider adding:

Citronella is probably the most common plant used in mosquito repellent and bug spray



Mint is an herb that most bugs can't stand!

Lemon Balm is yet another herb that bugs tend to avoid. This herb smells great and can be dried and hung to keep bugs away as well.

## Build a camp fire

A campfire is a great way to enjoy the outdoors on many levels, but the smoke keeps the bugs away too. Next time you're cooking out or burning a campfire, throw in some rosemary or sage - the bugs can't stand the smell. Be sure to always follow safe practices and Girl Scout policies when having a fire. *If going with your troop be sure to have completed Troop Camping Parts 1 & 2*

## Wear the right clothes

Dress in light colors - most insects are less drawn to white, and ticks show up well against light-colored clothes

Tuck pants into socks and wear tighter clothing, which is more difficult for bugs to penetrate.

Look for clothing with synthetic or tightly woven fibers (like sportswear and compression clothing)

Cover up with long sleeves and long pants (a lot of outdoor brands like LL Bean, Columbia make clothing specific for repelling bugs, UV protection and light weight) as well as proper footwear such as but not limited to closed toe shoes like an athletic sneaker or hiking boot.

## Be fly - Get the net

Bug nets get a bad rep for not being fashionable but are practical, efficient and easy to use. Try making your own custom design by taking a favorite hat and giving it a new purpose by adding some mosquito netting to it. The fabric can be found at most hardware stores.



## Fun Bug Facts:

- Grasshoppers existed before dinosaurs
- Fruit flies were the first living creatures to be sent into space
- Caterpillars have 12 eyes
- Mosquitoes fly at about 1.2mph, which sounds slow, but at their size it's like you flying over a hundred times that!
- Large groups of fireflies sometimes flash in unison
- There are no native poisonous spiders in Maine

Although it can sting to think of, insects do a whole lot for our world. Dig deeper on what they do and how it impacts our environment by exploring some of our badges - like the bug badge! And don't forget about our other badges that can help you discover more outdoors!

Check out any of these outdoor badges now at [girlscoutsofmaine.org](https://girlscoutsofmaine.org)



Bugs are attracted to light. If adventuring at night and using a light - use the red light feature or wrap the light with red cellophane to help minimize the bugs.