

SUMMER TIPS FOR HAPPY CAMPERS



MOSQUITO TIME *"BE PREPARED and ENJOY IT MORE"*



Well, it is that time of year again. The time when the "Skeeters" emerge and will eventually Rule. It is also time to never leave your home without your insect repellent. Better yet, keep it in your vehicle at all times. An insect Repellent that contains at least 30% "DEET" (N diethyl-m-toluamide) will in most cases do the trick. I also keep some of the old-time, heavy bushwhacking repellent with me as well. This stuff has between 80%-95% DEET in it. I try to only use this, late in the season or on heavy back-country Hikes, when the skeets are just unbearable. This "Jungle juice" insect repellent should NEVER be used on children, and should also be tested on yourself to be sure you can handle this level of "DEET". Nothing that contains more than 30% "DEET" should be applied to a child. EVER!

One of my personal favorites is the combo pack of a tall spray can, and a small pump spray bottle of "Deep Woods" OFF. It contains 30% "DEET", and works great at keeping the Skeets away. The small pump spray bottle fits nicely into your pocket for those on the Trail touch-ups you may need after sweating some of the repellent away. Use the tall spray can to apply to your cloths in the Parking area, as you are getting ready to head out onto the Trails. Always keep the repellent spray away from your Car or other painted & plastic items, as the "DEET" in the spray will discolor or remove the paint and will deform plastic materials. "DEET" is not to be taken lightly.



There are a number of other alternatives to the "DEET" style insect repellents. We have done many different tests over the last 30 years, and found that for a few people, some of these other repellents can have some limited, positive affects at repelling Mosquitoes. But for most people the only real working repellent is one that contains "DEET". **Remember: Biting Flies do not care about "DEET" or anything you may use, except netting.**



"Jungle Juice" insect repellent. contains 80% - 95% "DEET". It also sells under many other names, but they all contain this extreme amount of "DEET". DO NOT play around with this stuff. It can be harmful if used improperly. Keep away from your eyes, and anything else you do not wish to melt or deform.

SUN EFFECTS - HYDRATION and SUN BLOCK



We cannot stress enough about these two unassuming things. Plenty of water before, during and after outdoor activities is essential to having a safe and fun filled afternoon or trip. Many times, when you are getting really thirsty out on the Trail, it is already getting a little late to be dealing with it. Although during strenuous outdoor activities, it is natural to get thirsty, there is a big difference between dehydration thirsty and "I just sweated alot and need some water", thirsty. An interesting tip an old Woodsman told

me many years ago, was to drink a bottle of water before you ever start to head down the Trail or begin your outdoor activities. Then continue to consume water, weather you have the big thirst or not. This allows the body to stay ontop of the situation, and for you to be feeling your best during and after your outdoor fun. He was right, it does work this way. Try it, and you will be amazed at how much better you feel during, and especially after your Hike. Especially for us older folks, like me.

Sun Block is a MUST nowadays. The social status of sporting a deep tan is far outweighed by all the negative responses our bodies have to the sun and UV light. It just plain is not wise or safe to be outdoors for the afternoon, day, or even a short while without applying some sort of Sun Block. There are many rules of thought here. Some will tell you that at least a number 22 Sun Block is required for proper UV protection. As with the DEET in the insect repellent, it differs from individual to individual. Even without the burn factor, there is always the UV rays to be concerned with. This is especially so for a Child's skin. They are at a much greater risk of suffering the ill effects from a sun burn and the very bad results of UV rays on young, still developing skin. You cannot be to over cautious when it comes to the SUN.