



Packing Tips

Bed bugs have become a spreading concern across America. Since we house numerous campers and retreat guests throughout the year **we are at a higher risk for bed bugs**. Please take the following preventative measures to help insure bed bugs don't find their way to Frontier Camp or back to your home.

- Only send clothes and bedding that have recently been cleaned and run through the dryer on high heat. Wipe down all non-cloth items with a warm washrag before sending to camp. If you are sending luggage or items that have recently been in high risk areas (hotels, camps, dorms, apartments, airports, etc.) check them for [signs of bed bugs](#) and treat them accordingly.
- Pack all your items in a soft duffle bag that you have run through the dryer. Or pack belongings in a container (plastic tub, trunk) that you can completely clean-out and sanitize (**not** a suitcase).
- When you return home, run all belongings that came to camp, including the bag, and any clothes worn home through the washer and dryer. The dryer on high heat is the most effective way to kill hard-to-see bed bugs. Wipe down well, and look through anything that can't go in the dryer. **Check for [signs of bed bugs](#) on all belongings before you bring them back in to your house.**

We have bed-bug proof mattresses, we train our staff to look for signs of bed bugs, and we preventatively heat-treat our cabins and facilities twice a year. We don't expect bed bugs to disrupt your camp experience but want to make you aware of the possibility. Please take these precautions for your home and ours.

While bed bugs are a nuisance, they are not known to spread disease and should not be considered as a medical or public health hazard. If you would like more information on bed bugs and preventative measures, or have questions concerning Frontier Camp's practices in this matter, please email us at info@frontiercamp.org.

Thank you for your help in this matter.

-The Frontier Camp Staff