

Burns and Bites

Sunscreen | Insect Repellent

Sunscreen

It's vital to provide ample protection from the sun and UV rays during your hikes.

A good sunscreen is essential to protect against harmful UV rays and sunburn. Even if you only intend on hiking for an hour or two, sunscreen should be applied.

Sunscreens come in various strengths. The SPF rating indicates the degree of protection. The higher the number, the more protection the sunscreen provides.

- **Sports, 50+ protection is best.** (Lotions - no aerosols at camp please).
- **White or coloured zinc for noses & ears is fun and offers extra protection.**

- ✓ Apply sunscreen 20 minutes before you go out in the sun. It needs to penetrate your skin to protect it.
- ✓ Apply liberally. The biggest mistake people make is to apply too little.
- ✓ Don't forget the top of your ears, back of your neck and under your chin!
- ✓ Lips are easily damaged - make sure you use a good lip balm with UV protection.
- ✓ Reapply after two hours, more often if swimming, toweling off or sweating.
- ✓ Apply even on days that are not sunny! UV rays are not blocked by clouds.
- ✓ Check expiry dates – sunscreen effectiveness reduces over time.



For a fun and helpful video from the Cancer Council - [Click Here](#)

Insect Repellent

Biting insects are not only annoying, they can also carry disease and cause infection.

Insect repellent is important to protect yourself against bites and stings, and most effective when combined with clothing protection.

The concentration of the active ingredient determines effectiveness & length of protection.

- **DEET or picaridin are the most effective insect repellent ingredients.**
- **DEET a broad-spectrum ingredient effective against mozzies, ticks, biting-flies, leeches etc**

- ✓ Repellents containing DEET 80% are very effective and longer lasting.
- ✓ Lotions last much longer than sprays because it is rubbed into the skin.
- ✓ It is more accurate to rub into the skin than applying with a spray or pump.
- ✓ Apply evenly to all areas of exposed skin.
- ✓ Use a water-resistant insect repellent for greater protection.
- ✓ Re-apply if swimming or sweating heavily.
- ✓ If applying both sunscreen and repellent, apply the sunscreen first.
- ✓ Products combining sunscreen & insect repellent are not recommended as sunscreen usually needs to be reapplied more often than insect repellent.
- ✓ Perfumes and dark clothes attract mosquitoes, so avoid these.

