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Bed Bug Travel Tips

Prior to leaving on your trip make sure you take preventative measures at home. Encasing your mattress and box spring will prevent them from infestation in case you bring bed bugs back with you. The bite proof Bug Lock™ encasement from Protect-A-Bed® is ideal for the prevention of mattress infestation and is available for all mattress sizes.

Before booking a hotel room, you may want to read user reviews of the particular hotel and location. Frequently, guests who've had bug problems report them online. Check the National Bed Bug registry at www.bedbugregistry.com. Bear in mind that a report about one hotel does not mean the issue wasn't isolated to one room, or that hotel management hasn't since exterminated.

Packing

- 1) Pack all clothing and contents in zip lock bags
- 2) Rest Easy Bedbug Spray (www.bedbugcentral.com) Cost is around \$15.00

Protect your luggage and prevent bed bugs from hitching a ride to your home with Rest Easy™ Bedbug Spray. Frequent travelers are at the greatest risk for coming in contact with bed bugs during overnight stays in hotels. When applied to luggage, Rest Easy™ Bedbug Spray makes your luggage repellant to bed bugs and other small insects such as lice and moths. This spray is recommended for short-term protection of your luggage during travel. It can also be applied on and around mattresses, beds, headboards and other areas to keep these blood-sucking insects at a distance.
Advisory: For appropriate application of this product please read and follow all label directions carefully.

- 3) Anti-Bed Bug SecureSleep™ Luggage Liners (www.bedbug.com) Cost is around \$20.00 carryon, \$30.00 larger

Experts concur that the most common way of spreading bed bug infestation is through travel. Don't let these insects get a foothold in your home! Whenever you venture away from the house with luggage in tow, be sure to include Bedbug.com's SecureSleep™ luggage liners as a standard part of your travel routine! It's a necessary element of any effective bed bug prevention strategy.

Hotels and B&B's have been hard hit, as have cruise ships, airplanes, even taxis and buses. Don't get caught without luggage protection. We offer two sizes – one for your larger or 'checked' bags, and one for carry-on. You can also use them in hotel drawers to safely store your items. Made of the finest quality and lab tested for effectiveness, this is the best luggage protection available today! Use them in conjunction with our travel pillow encasement for maximum protection while flying.

Booking and arrival at destination

Ask the motel if the room you're staying in has been infested by bed bugs in the last year. Once that question has been answered ask if any adjoining rooms side to side top to bottom have had a bed bug problem in the last year. If they have we recommend you request a room in another part of the motel that hasn't had problems. If they refuse to answer these questions make reservations at another motel.

Upon entering the room, leave your suitcase by the door and proceed to check the night stands, headboard, mattress seams, closets, hangers, luggage stand, dressers, etc. Take a piece of white poster board paper and jamb it behind the headboard and wall. If you notice insect fragments or what looks like blood on the card remove all you belongings from the room and request another room in another part of the motel. Some experts even recommend leaving your suitcase in the bathroom.

1. Peel back the bed sheets and check the mattress, running your fingers along the upper and lower seams. Make sure to check the mattress tag, bed bugs often hide there.
2. Experts recommend removing and examining the headboard if possible. Check for tiny black spots (excrement) that are smaller than poppy seeds. You may also see translucent light brown skins or, in the case of an infestation— live bugs.
3. Check the bedside table. Look for signs of bed bugs in the drawers and along the wall on the side of the bed that is less likely to be disturbed by cleaning staff and guests.
4. Close and elevate suitcases and keep them off the floor, like on a luggage stand.
5. If you see powder in the drawers or on the headboard, it is likely that the room has already been treated for bed bugs by an exterminator.
6. If bed bugs are detected, travelers should request another room. Be sure to inform hotel management. Just moving to a different room may not be the total answer. You should repeat the thorough inspection of any new or different room you are offered.
7. When you pack to leave, inspect your luggage carefully first, and inspect every item as you pack to help detect any bugs or their signs.
8. Laundering most cloth items with hot water and detergent followed by drying on low heat for at least 20 minutes (or standard dry cleaning) should kill all bed bugs in or on such items. Sealing freshly-laundered items inside a plastic bag should help keep any more bed bugs from getting in those items later to hide and be carried back with you.

If you find blood splotches on the sheets it is one of the signs that the room is infested and you have been bitten by bed bugs. These splotches will follow the shape of your body as it were lying on the bed. About 30% of humans will have a reaction to Bed Bug bites. The bite usually causes, welts on the skin. One bed bug can be responsible for multiple welts.

Returning Home

Wash and launder all clothing. If clothing is clean put in dryer for at least 20 minutes. This will kill all stages of the bed bugs. Inspect suitcase for possible infestation. There is a product called Pack Tite that allows you to heat treat your entire suitcase.

Please remember bed bugs may not have come from a motel room. They could hitchhike from another suitcase that sits next to yours in an airplane, bus, train, cruise ship or other modes of transportation. Bed bugs could be present in the trunk of a taxi or storage area where baggage is held.

Pack Tite Bed Bug Heat Unit

The Bedbug Heat Unit by PackTite, is a device that works specifically to sanitize your luggage, clothing, toys, and other small personal items. The soft-sided unit provides a non-chemical solution to treat delicate items affected by bed bug infestation. The product measures 36" long, 19" wide, and 24" high. To use the PackTite, open its chamber and set contaminated items inside, then plug in the cord. The device will expel 120 to 145 degree waves of heat, providing an unlivable climate for bed bugs. The device comes equipped with various safety features, including a thermometer and automatic timer.

The market price is about \$300.00, but many websites offer promotional opportunities, so you can often pick this up for less.

If you need help in obtaining the above items please call Tox-eol Pest Management.

By March 1, 2010 Tox-eol will have the most up to date technology to treat Bed Bugs. With the use of Remedial Heat it allows us to kill all stages of Bed Bugs. Best of all it is GREEN to the environment you live in and can be completed in one treatment.