

Insect repellent

This resource can help with the following areas:

- Stage 1: I know what to wear and what extras I need to bring on a hike.

You will need to bring midge repellent and a midge head net on the hill with you at all times, regardless of the forecast. If the weather is fine and still, the kind that you would like to stay outside then you'll be assured that the midge will be flying around your head.

Midge Head Net.

Nearly all head nets are the same, for your comfort you might wear it over a baseball cap, to keep the mesh from your nose and mouth. Make sure to get the type that closes around your collar. Why not use the head net as a bag to keep some small pieces of gear tidy in your rucksack.

Midge Repellent

- Efficacy is measured in hours before needing re-application, the higher amount of hours needed until top up means stronger.
- Deet is a chemical and is THE most effective of all repellents. You can buy several strengths, the lowest 20% being the maximum for children. So Deet is not the greatest for kids. Deet will stain your synthetic clothes, it has no effect on cotton or wool. You can buy several brands all with different strengths.
- Without Deet: Saltidin and oil of lemon eucalyptus are examples of effective non-DEET repellent. These won't have an effect on your clothes and can be used on children. There are several levels of concentrations commercially available
- Other Methods: Avon So Soft is a famous tool in the battle with the midge. The Avon so soft does not repel but more like creates a sticky barrier. Bog Myrtle is another widely found plant in the Hills of Ireland. If you get caught short, take the leaves and create a paste by rubbing the leaves between your hands and then covering your face and exposed area with the paste