

Beat the Bugs!



How to survive the swarms of bugs during Alaska's summer

*On an Arctic Refuge trip I once killed 84 with one hand,
one swipe, no smearing, this on my lower leg
while wearing tights!
-Roman Dial, AK Adventurer*



Bug Dope – Bring extra and then some

Clothing – bite-proof nylon shirt and pants tucked in, with socks over pant legs and long-sleeve shirt buttoned up to collar

Headnet – couple with clothing, flip up collar on shirt and put under headnet

Terrain – avoid wet regions & stay in the wind, on ridges, gravel bars, and snowfields

Timing – bugs are most active after rain, in low light, and calm winds

Protection – shelter yourself with bug netting when cooking as heat attracts bugs

Attitude – biting insects play a critical role in ecosystems, providing food for birds and influencing the migration pattern of caribou



For more information, stop by the Alaska Public Lands Information Center
in the Morris Thompson Cultural & Visitors Center