Camping 101: Tips For Outsmarting One Of Mother Nature’s Nastiest

Camping 101: Tips For Outsmarting One Of Mother Nature’s Nastiest AggravatorsWhether it’s summer camp or camping out-or both-that’s on your agenda, here are some basic tips you can follow to outsmart poison ivy and oak to more fully enjoy your summertime adventures.



Preparation and protection are key. Poison ivy, oak and sumac produce the leading cause of allergic skin reactions in the United States every year. The good news is there are ways you can help protect yourself and your family from these noxious plants. • Learn to recognize the plants and avoid them. There are several online resources that offer detailed descriptions of the plants. • Whenever possible, wear long clothing-long pants and long sleeves-when you suspect you may come in contact with poison ivy plants. Poison ivy, oak and sumac are potent year-round and can remain toxic on clothes and other surfaces for up to five years. • Use a pre-contact protective lotion, such as bji Block™, to **3 day luxury Masai Mara safari** help protect against allergic reactions. The lotion forms an invisible layer on the skin that helps inhibit absorption of the plant oils that cause allergic reactions. bji Block also features an SPF 20 UVA/UVB sunscreen. For added assurance, there is also bji™ Wash, a gentle, exfoliating cleanser that removes the plant oils from the skin anytime after contact or symptoms begin to offer relief from itching and irritation.