

Avoiding Bed Bugs While Traveling



Bed Bug Travel Check List

Prior to Booking: *Research & Preparation*

- Research the city you're travelling to and where you'll be staying. Use travel forums and sites such as bedbugregistry.com, bedbugreports.com or registry.bedbugs.net.
- Ask about bed bug proactive and reactive protocols when reserving a room.
- Don't assume a five-star hotel is free of bed bugs. Cleanliness has nothing to do with infestations—anybody can unknowingly be transporting them.
- Pack a flashlight for inspecting.
- Pack extra hangers to avoid having to store items in dresser drawers.
- Put your clothes in sealable bags for extra protection.

Check-In Protocol: *Before You Unpack*

- Avoid unpacking right away—leave luggage in the car or in the bathroom while you inspect.
- Inspect your room by [following these steps](#).
- Keep your luggage zipped closed for the duration of your stay.

Out and About: *Be Aware of Tourist Areas*

- Airports, Bus and Train Stations
- Emergency Waiting Rooms and Hospitals
- Theaters and Entertainment Venues
- Lounges and Bars
- Hotels, Motels, Inns,
- Rental Properties
- Dorms

Check-Out Protocol: *Don't Take Bed Bugs Home*

- Thoroughly inspect your luggage prior to packing to avoid hitchhikers.
- Look over your clothes, checking seams, under collars and folds closely.

Home Again: *A Few More Precautionary Steps*

- Launder your clothes on the highest temperature setting, even things you didn't wear.
- Double check your luggage for adult bed bugs or eggs, paying close attention to seams, zippers and pockets.