



Dear Outward Bound Canada Participant,

***This document contains important pre- and post-course information pertaining to your health and wellbeing. Please retain this document until you return home from your course.***

You are about to embark on an unforgettable journey of self-discovery in the Canadian wilderness! As you may be aware, in the wilderness environments in which we operate may also be home to vector species (e.g. mosquitoes, ticks, fleas, blackflies) with the potential to carry disease. The biggest concern with vectors, and ticks in particular, is that they can transmit Lyme or other diseases after embedding in a person's skin for a significant amount of time. Research suggests that the sooner a tick is removed intact, the lower the likelihood that any disease it carries may be transmitted.

While the risk of being bit by a vector is as present in the wilderness as it is in your own backyard, our highly qualified instructors carry out regular prevention measures and are trained to take precautions to help prevent the spread of vector-borne illness. We work closely with participants to carry out regular prevention measures. Participants will be briefed on vector bite prevention and participate in regular prevention routines during their time on course with us.

We recommend that participants bring insect repellent that includes DEET or Picaridin/Icaridin in order to most effectively protect against bites. Repellents with these listed as the active ingredients combat against the most prevalent insects in Canada likely to transmit a vector borne illness, specifically ticks, mosquitos and black flies. Repellents have different amounts of these active ingredients in them, up to 30% in Canada. Please purchase one with a percentage that you are comfortable with.

For additional information please investigate additional resources from Canada Public Health or your health care provider. Should you experience any symptoms of illness after returning home from your course, please speak to your health care provider for treatment and let us know.

- Canada Public Health: Lyme Disease:  
<https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>
- Removing and Submitting Ticks for Testing:  
<https://www.canada.ca/en/public-health/services/diseases/lyme-disease/removing-submitting-ticks-testing.html>
- Surveillance of Lyme Disease in Canada:  
<https://www.canada.ca/en/public-health/services/diseases/lyme-disease/surveillance-lyme-disease.html>

## **Post Course**

After your course, please follow these helpful instructions to prevent further exposure to vector borne illness:

- Have a hot shower: while in the shower continue to perform tick checks as your instructor showed you at least for a couple of days post- course.
- Open your bag outside and shake out all items, including the bag.
- Wash all your clothes that you took on course with you thoroughly and tumble dry them on hot. This will kill any insects that may have hitched a ride home with you. For clothes that can't be dried (i.e. merino wool) take the garment outside post wash, shake it out again and dry accordingly, preferably outside on a clothesline or in the sun.
- Please let us know if you discover a tick in your gear or on your person after the course.
- If you have any questions or concerns please feel free to get in touch with us!

We look forward to welcoming you for an exciting, exhilarating and empowering Outward Bound adventure!

### **National Office**

2200 Yonge Street, Suite 1601, Toronto, ON, M4S 2C6  
Tel: 1.888.OUTWARD (688.9273) Fax: 1.866.328.9761

[www.outwardbound.ca](http://www.outwardbound.ca)