



The Complete Bed Bug Prep List

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Before you read this.

Having bed bugs can be a difficult and nerve-racking prospect, but if you stay calm and follow the correct process for eliminating them from your home, you'll find yourself bed bug free in no time at all, sleeping safely and soundly in your own bed.

We are bed bug experts who helped pioneer the bed bug preparation and elimination process, and have been helping people get rid of bed bugs in NYC for 15+ years. In this document you will find our process completely laid out, along with all necessary supplies and other helpful resources.

If you need help preparing your home and getting rid of bed bugs, call us now: (718) 369-9000. We can have a team of experienced professionals prepare, organize, and even declutter your home in as little as one day. Learn more at BedBugPrepNY.com

Why would we give this information out for free?

Because it's our sole mission to rid NYC of bed bugs for good, by informing, educating, and helping in any way we can. Will we go out of business? No! We are also Great Green Cleaning, one of New York's oldest and best Earth-Friendly Cleaning Services, offering residential and commercial cleaning for over 35 years. We want people to be rid of bed bugs once and for all, but people will always need a great cleaning service!

Supplies

Prepare your home in a smart and organized fashion by having the necessary supplies on hand. It may sound tempting to throw everything into garbage bags, but not only will this increase the risk of reinfestation, it will also make it very difficult to keep track of your belongings and unpack after the extermination period.

You may not need all of these things depending on your situation or the level of infestation.

Bed Bug Supplies Checklist

For packing and disposal

- Blue or clear plastic bags (2mil strength, 55-60 gallon size)
- Black garbage bags
- Large plastic bins with lids (also called 'Storage Tote')
- Plastic Wrap (large roll of stretch wrap)
- Large Ziplock Bags (2 gallon size)
- Small sandwich bags (or small plastic ziplocks)
- Bubble Wrap
- Labels
- Markers
- Scissors
- Tools for removing wall-to-wall carpeting
- Dolly or hand truck (for disposing large furniture)

For treatment

- Grain alcohol (Kills bed bugs on contact and is safer than isopropyl in case you breathe it in)
- EcoRaider (All-natural bed bug killer, for fumigating your bins and treating furniture)
- Spray bottles (For spraying EcoRaider and alcohol)
- Diatomaceous Earth (Kills bed bugs. Place some inside your vacuum cleaner.)
- Vacuum cleaner
- Small sandwich bags
- Paper towels
- Philips head / flathead screwdrivers (to open your switchplates and power outlets for your exterminator)

For safety

- Tyvek Suits
- Gloves
- Vaseline
- Hair Nets / Beard Covers
- Mattress and box spring bed bug zip covers

Prep

The prep list may vary slightly depending on your exterminator's requirements, however, most exterminators will require the basics: ridding your home of excess clutter, emptying your closets,

dressers, and shelves, vacuuming, and disposing any infested items. Ask your exterminator for their specific prep list (to ensure all requirements are followed). You may need to ask your building management company about their rules pertaining to bed bugs, such as laundry hours (some buildings will allot you special laundry time), bulk disposal, or what hours a service company can work in the building.

Safety Measures

In severe infestations or if you just want to be precautionary, you can wear a full-body tyvek suit, gloves, hair nets or beard covers, and apply vaseline to your eyebrows and face. This will make it very easy to spot any bed bugs that get on you, and make it hard for them to grab onto your face or hair. Get extra suits so you can dispose of them any time you take a break or if you're done for the day.

This is also very helpful if you have any friends or family helping you out, so they don't pick up anything and bring it home with them. (Tip: it can get very warm working this way so make sure to have the A/C blasting and keep plenty of cold water on hand.)

Keep a spray bottle of alcohol handy so you can kill any bed bugs you see (this kills bugs and eggs on contact, but evaporates quickly and is not a solution for long-term treatment).

You'll want to designate a 'daily' bin for any items you're using regularly. These items should be inspected and treated. Clothing should be treated and kept sealed when not in use. Make sure you label your bin and pack important items like work clothes or medication.

Declutter

This is a great time to get rid of clutter or items you don't really need. It will make your home easier to prep and easier to treat. You should not donate or give away any items, as this might spread the infestation. Instead, you should throw away all items in strong garbage bags, and tape a piece of paper securely to each bag that says 'BED BUG INFESTED - DO NOT TAKE'.

Large items and furniture should be sprayed with EcoRaider, wrapped securely in plastic wrap and labeled in the same way.

If you live in NYC, you can schedule a bulk pickup for items larger than 4x4 feet, but check the local rules for disposing of bed bug infested furniture or garbage. You can always call 311 for more information, or if you do not live in NYC. You must follow all local laws to prevent the spread of bed bugs (and avoid any fines to your building).

Laundry

Any cloth, linen or other fabric and porous items must be treated either with dry cleaning chemicals or at high temperatures. This can be done in a dryer, a heat tent you buy at home, or by a professional bed bug laundry service.

You will need to treat all clothing, sheets and towels, curtains and mats, hats, jackets, belts, shoes and bags.

You should start by sorting the different items into clear bags and labeled based on the method of treatment needed. If they are clean clothes, they can go straight into a dryer on high heat for at least 30 minutes. If they are dirty they can be washed first and then dried in the same way.

Delicate items that cannot withstand high heat or other dry clean only items must be dry cleaned (unfortunately, most earth-friendly dry cleaning techniques will not kill bed bugs, so stick with traditional dry cleaning).

Anything that cannot be dry cleaned like shoes, belts, and purses should either be treated in heat tents or, if that's not an option, placed in a bag or bin with EcoRaider. If they are too large for EcoRaider fumigation (e.g. a suitcase), you can apply EcoRaider directly (as long as you are not worried about possible stains from the natural oils).

Inspect and Pack Belongings

You don't need to put each item under a microscope, but staying observant as you work is important. If you use EcoRaider to fumigate bins, it's ok if you miss a bed bug or an egg, as they will be killed during storage.

The EcoRaider fumes will fill their container, killing any bed bugs or eggs inside.

Learn more about EcoRaider Bed Bug Killer at <https://ecoraiderusa.com/ecoraider-bed-bugs/>

Large ziplock bags are helpful if you have a lot of very small items that you want to keep organized. Place a piece of paper towel soaked in EcoRaider into any ziplock bags, then place those bags into a larger bin.

All dressers, closets, shelves and surfaces should be clear of belongings. Place everything into bins, then place EcoRaider-soaked paper towels into small sandwich bags and leave the bag open inside each bin.

If you have fragile items, wrap them first in bubble wrap. You may need to secure the bubble wrap with tape to keep the item from falling out.

Make sure bins are shut with the lids tight and seal completely. You can do this with tape, or by placing the bin inside a clear plastic bag and tying it shut.

Always label your bins for easy identification. A good system is to pack and label them according to the type of belongings and the location they originated.

Vacuum Thoroughly

Place Diatomaceous Earth inside your vacuum bag or canister to kill any bugs or eggs that you may suck up.

Vacuum all areas of your home thoroughly. If you've had a Bed Bug Dog, focus on the areas that showed positive for Bed Bugs or nests.

You should also vacuum all furniture thoroughly. Especially couches inside / out, beds, box springs, and bed frames.

If you treat your mattress and box spring yourself using EcoRaider, now would be a good time to seal them using bed bug zip covers.

Final Steps and Post Prep

Most exterminators will require you to open all switchplates and outlet covers, and move furniture 18-24 inches away from walls, so they can easily access all the important areas. Check your exterminator's prep list for specifics.

Make sure you've made arrangements for pets, children, people with chemical allergies or sensitivities, elderly, disabled or infirm family members to be out of your home for the correct amount of time (usually between 4 and 24 hours). Most exterminators use products which can be harmful, so it's important to be aware of how long you will have to be out of your home. You can also find an earth-friendly exterminator or use alternative, natural bed bug killing products such as EcoRaider and Diatomaceous Earth to treat your home.

Make sure all your mattresses and box springs are sealed in zip covers. You can also buy zip covers for your pillows to be extra safe.

Any bins that have been treated with EcoRaider should remain sealed for at least 2 weeks. If you have to open one to get something it's ok! Just be careful, and reseal it as soon as you're done.

That's it! Once your exterminator's treatment period is complete and 2 weeks have passed, you can open your bins and bags and place everything back where it belongs.

Benefits of using our Bed Bug Prep Service

Bed Bugs are scary and exhausting. We come in with an experienced, supervised crew and in most cases, we can complete your bed bug prep in one day.

We will sort and clean your belongings, remove items to be discarded, follow your exterminators prep list exactly, and we will do all of this safely, discreetly, professionally and correctly with over 15 years of bed bug prep experience.

We will also pack your travel kit, so you'll have everything you need during your extermination.

We use earth-friendly, child and pet-friendly products, so you can be home with us while we work, if you choose. You won't have to lift a finger!

Call us! We will gladly answer any questions you may have, and give you helpful resources and advice for free. We know this is a difficult and trying time for you and your family, and are here to help get rid of bed bugs from your home, so you can sleep peacefully in your own bed.

Call Now

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Or email us at:

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