



THE DIY TOTAL ROACH ELIMINATION PLAN



(Bifen I/T + Gentrol IGR + D-Fense Dust + Gel Bait)

This is not just a spray. This is a multi-stage war designed to flush them out, kill the walkers, and destroy the nests living in your walls.

 **THE GOAL:** Break the reproduction cycle. If you skip a step, the eggs hatch, and you start over.



BEFORE YOU START (PREP IS KEY)

-  **Remove Pets:** Keep them out until dry.

- 🐟 **Cover Aquariums:** Fish are sensitive to chemicals.
- 🍽️ **Hide Food:** Eliminate grease/crumbs so the bait has no competition.
- 📦 **Declutter:** Clear space under sinks and cabinets.



PHASE 1: THE SPRAY SCHEDULE (CHEMICAL BARRIER)

We start by killing the active roaches you can see.

💣 DAY 1: THE CLEAN-OUT (THE BIG HAMMER)

- 🧴 **The Mix:** 2 oz Bifen I/T + 1 oz Gentrol IGR per 1 gallon of water.
- 🏠 **Inside:** Spray baseboards, under sinks, behind the fridge/stove, and the entire garage.
- 🌳 **Outside:** Spray a 2-foot band up the foundation and 2 feet out on the ground.



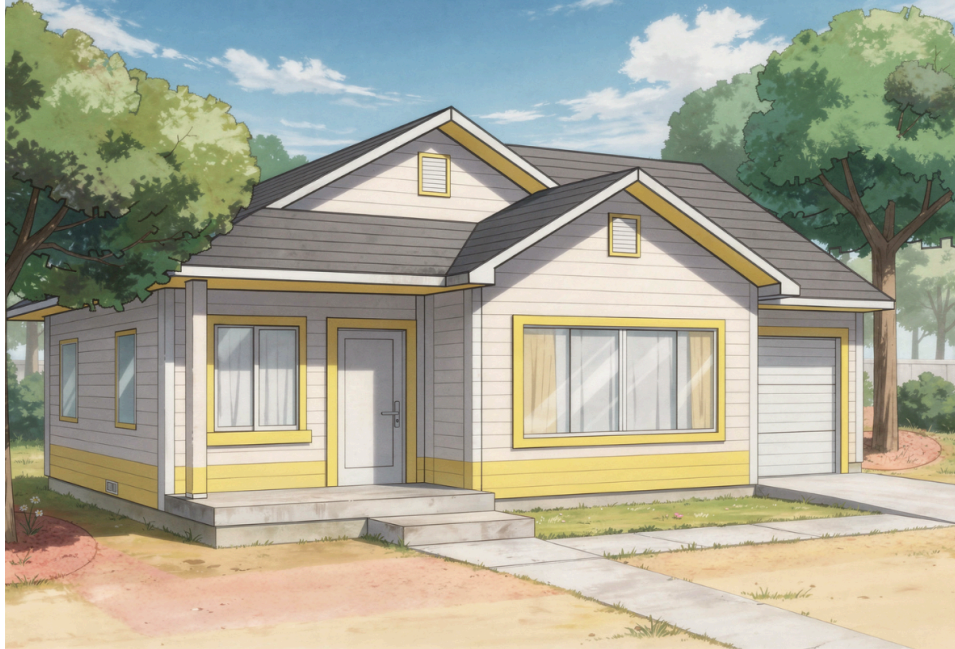
DAY 7: THE HATCHLING STRIKE

- 🧴 **The Mix:** 1 oz Bifen I/T per gallon (No IGR needed).
- ↻ **Action:** Re-spray interior baseboards and exterior foundation.
- 💡 **Why?** We do this to kill the **babies** that just hatched since Day 1.



DAY 14: THE FINAL SWEEP

- 🧴 **The Mix:** 1 oz Bifen I/T per gallon.
 - 📢 **Action:** One final spray to finish the job and break the cycle forever.
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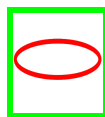
PHASE 2: THE STRUCTURAL ATTACK (DUST & BAIT)

Now that the spray is dry, we hunt the nests living inside your walls.

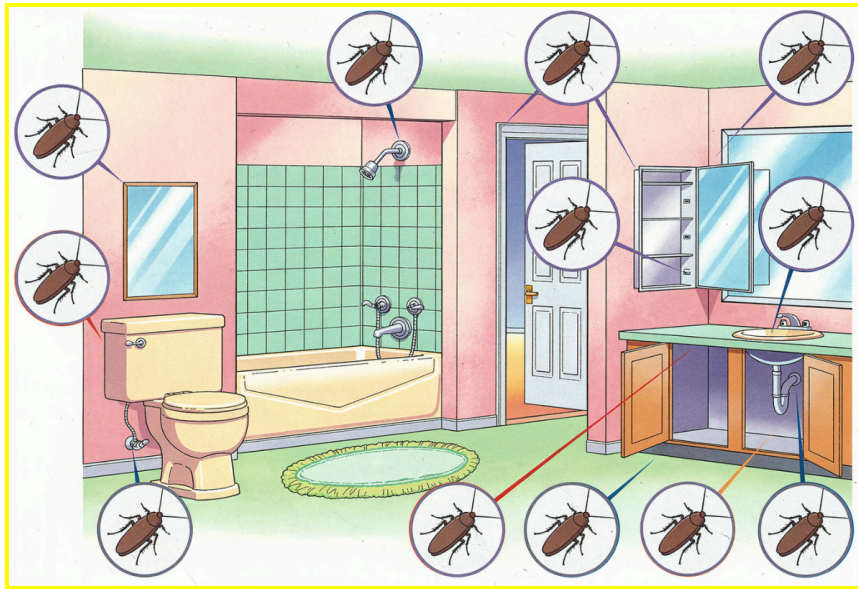
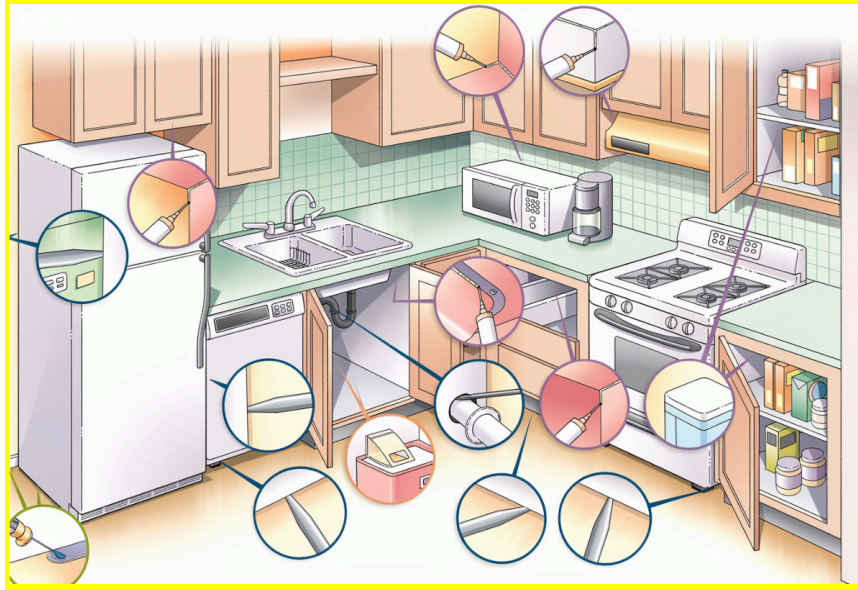
STEP A: THE ELECTRICAL OUTLET ATTACK (CRITICAL)

-  **Action:** Remove faceplates from outlets/switches in the kitchen & bath.
-  **The Dust:** Lightly puff **D-Fense Dust** into the wall void. This kills roaches hiding deep in the walls.
-  **The Bait:** Place a small dot of gel on the **back** of the faceplate before screwing it back on.
-  **Warning:** Do NOT put bait/dust directly on the wires!

STEP B: GEL BAIT PLACEMENT



-  **Target:** Cabinet hinges, corners, cracks, under countertops, pipe joints.
-  **The Rule:** Small dots (pea-sized), placed every **2-3 feet**.
-  **Warning:** NEVER spray Bifen on top of your bait! It poisons the "food" and they won't eat it.



👁️ **STEP C: THE "FEEDING FRENZY" CHECK**

- 📅 **Schedule:** Check your bait dots every **3 DAYS**.
- 🕒 **The Rule:** If the bait is gone, **ADD MORE IMMEDIATELY!**
- 💡 **Fact:** A heavy infestation can eat all the bait in 48 hours. Keep feeding them until they stop eating.

🛡️ **PHASE 3: LONG-TERM PROTECTION (THE BONUS)**

Once the problem is under control, look at your bottle of Bifen I/T. You should have about 12 oz left. Do not throw it away.

 THE VALUE:

You now own a professional General Pest Control Plan for the next 2–3 years.

(Based on typical application rates of 1 gallon per 1,000 sq ft. Larger homes may reduce total coverage time).

THE “TOTAL HOME DEFENSE” ROUTINE

(Starts 30 days after Day 14)

-  **The Mix:** 1 oz Bifen I/T per gallon of water.
-  **The Target:** This mix controls a wide range of common household pests including:
 - ✓ Roaches
 - ✓ Ants
 - ✓ Spiders
 - ✓ Ticks
 - ✓ Mosquitoes
 - ✓ Silverfish & Earwigs
-  **The Schedule:** Spray the exterior perimeter every **2-3 months** to keep your home protected.

Chris The DIY Guy

Kill it, Green it DIY it.

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