



FIELD OVERVIEW · INTEGRATED PEST MANAGEMENT

YOU WERE NEVER TAUGHT THIS



INTEGRATED PEST MANAGEMENT: THE SYSTEM THE PROS USE AGAINST
GERMAN COCKROACHES, AND THE ONE THE EXTERMINATOR INDUSTRY WOULD
RATHER YOU NEVER LEARN.

DOCUMENT CONTROL		
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BEFORE YOU BEGIN

BRIEFING: BOTTOM LINE UP FRONT

Everything this document says, on one page. Read this if you read nothing else.

SITUATION SUMMARY		IPM-01
THE PROBLEM	German cockroaches breed fast, hide deep, and shrug off store-bought sprays. Spraying what you see leaves the colony and its egg cases untouched.	
THE METHOD	Integrated Pest Management (IPM): a sequence, not a product. Inspect and identify, remove what feeds them, block where they live, measure, then treat with targeted bait only where it's needed.	
THE RULE	Chemicals come last. The objective was never to kill individual roaches. It's to destroy the colony and remove the conditions that support it.	
YOUR FIRST ACTION	Tonight: place sticky traps and start the Seven-Night Monitoring Log on page 7.	
READ TIME	About 10 minutes.	

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SECTION 1 • THE SITUATION

1.0 YOU DON'T HAVE A ROACH PROBLEM. YOU HAVE A SYSTEM PROBLEM.

German cockroaches are among the most resilient pests in any home, and the hardest to evict in apartments and multi-unit buildings. Most people open the fight with sprays, foggers, or bombs, hoping for a quick win. They get a short-term body count and a long-term infestation.

That's not bad luck. It's the wrong strategy. **Integrated Pest Management (IPM)** is the right one. It's the approach professionals, entomologists, and university extension services use to manage these pests. ^{[1][2]}

IPM isn't a product. It's a **coordinated system** that combines several tools and principles instead of betting everything on one "silver bullet." The goal isn't to kill the roaches you can see today. It's to make your home a place they can't survive or reproduce in.

The objective was never to kill individual roaches. It's to destroy the colony and remove the conditions that feed it.

1.1 WHY SPRAY-AND-PRAY FAILS

German cockroaches reproduce fast, develop resistance to common insecticides, and live deep inside the cracks and crevices of modern homes. Sprays and foggers kill what's out in the open and miss the hidden egg cases entirely. Worse, they can scatter survivors deeper into walls and neighboring units. What you're left with is a population that's smaller for a week, then **stronger, more spread out, and harder to reach**.

Traditional methods also ignore the three things that actually keep roaches alive: **food, water, and shelter**. Remove a few roaches but leave the conditions intact, and the drop is always temporary. IPM was built to fix exactly this, by treating the infestation as a **system to dismantle, not a series of bugs to squash**.

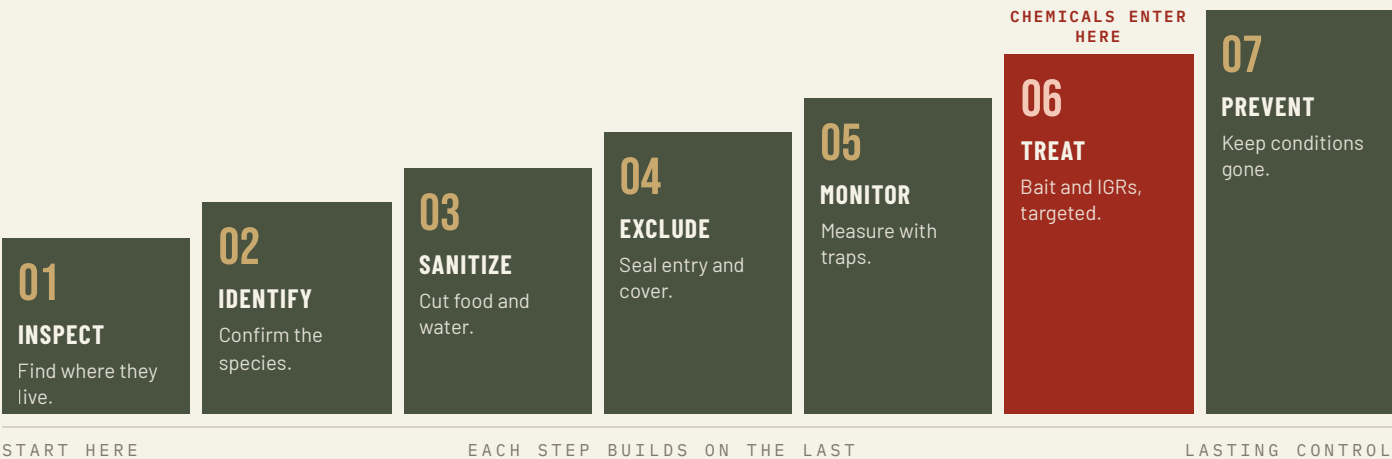
SECTION 2 · THE METHOD

2.0 THE ORDER OF OPERATIONS

IPM isn't a menu of tricks. It's a **sequence**, and the order is the point. The EPA frames it in four steps: set action thresholds, monitor and identify, prevent, and control, with pesticides reserved for when the earlier steps aren't enough.^[1] The Doctrine breaks that framework into seven field steps you can run in your own home.

Most people run it backwards. They start at step six with a spray can and never reach steps one through five. That's why the roaches come back.

2.1 THE SEVEN STEPS



FIELD NOTE 2.1

If you only remember one thing: **step six is the sixth step**. A spray without inspection is a guess. Bait without sanitation competes with every crumb in the room.

2.2 SPRAY-AND-PRAY VS. IPM

	SPRAY-AND-PRAY	IPM
TARGETS	The roaches you can see	The colony and the conditions feeding it
EGG CASES	Untouched	Broken by IGRs and bait transfer
RESULTS	Days, then rebound	Built to hold
CHEMICAL USE	Broad and repeated	Targeted, last, and minimal
WHO'S IN CONTROL	The exterminator's schedule	You

SECTION 3 · THE FRAMEWORK

3.0 THE FOUR PILLARS

IPM stands on four connected principles. Each one matters, but their combined force is what makes the system work where single tactics fail.

01

MONITORING & IDENTIFICATION

It starts with eyes, not chemicals. Learn where roaches are active, how many there are, and what the signs are telling you. Sticky traps in strategic spots turn guesswork into intelligence: hot spots, patterns, and whether you're actually winning.^[2]

02

PREVENTION & CULTURAL CONTROLS

Make the environment hostile. Roaches need almost nothing: a few crumbs, a faucet drip, a dark crack behind an appliance. Cut off food, water, and harborage through consistent sanitation and small structural fixes. This is the foundation.^[3]

03

PHYSICAL & MECHANICAL CONTROLS

Non-chemical moves that physically cut numbers or block movement: vacuuming, sealing cracks and crevices, and trapping. Low risk, high payoff. In apartments especially, sealing entry points limits how roaches travel between units.

04

TARGETED CHEMICAL CONTROLS

Chemicals come last, and only with precision: baits and targeted products, never blanket spraying. This limits resistance and exposure. Run the first three pillars well, and the need for chemicals drops over time.^[2]

3.1 WHY IT WINS IN APARTMENTS

Multi-unit buildings are a special problem: roaches don't respect your walls. They move through shared plumbing, wall voids, and utility lines, crossing from unit to unit. This is exactly why isolated fixes fail and reinfestation feels endless.

IPM wins here because it thinks bigger: watching activity across areas, holding prevention steady, and coordinating with neighbors and management where possible. Instead of chasing temporary knockdowns in one apartment, it **breaks the cycle** that keeps refilling it.

SECTION 4 • THE PAYOFF

4.0 WHAT YOU GAIN

Running the system instead of reacting to it pays off in five clear ways.

01 RESULTS THAT HOLD

Attack the root causes and the population can't bounce back the way it does after a spray.

02 LESS CHEMICAL EXPOSURE

Fewer sprays mean lower risk for you, your kids, and your pets.

03 CHEAPER OVER TIME

More effort up front, far less spent on repeat treatments and recurring exterminator visits.

04 SMARTER DECISIONS

Monitoring gives you real data, so you adjust based on what's actually happening, not panic.

05 CONTROL INSTEAD OF DREAD

A system replaces the helpless feeling with steady, visible progress you own.

SECTION 5 • YOUR FIRST ORDERS

5.0 BEGIN TONIGHT

You don't need to understand everything to start. You need to start observing. The fastest way into the IPM mindset is to gather your own intelligence, tonight.

The assignment: place sticky traps in key spots around your kitchen and bathroom. Leave them seven nights and record what they catch on the **Seven-Night Monitoring Log** on the next page. That single step puts the monitoring principle to work and gives you your first real read on the enemy.

No traps on hand? These are the ones the Doctrine runs on.

GET THE MONITORING GEAR ›

5.1 SEVEN-NIGHT MONITORING LOG

Place one trap at each location below, flat against a wall or cabinet edge where roaches travel. Each morning, count new catches and write the number in that night's box. Mark **N** if you see nymphs (small, dark, wingless juveniles), a sign of breeding nearby.

#	LOCATION	N1	N2	N3	N4	N5	N6	N7	TOTAL
1	Under the kitchen sink								
2	Behind or beside the fridge								
3	Beside the stove								
4	Near the dishwasher								
5	Pantry or cabinet floor edge								
6	Bathroom vanity								
7									
8									

5.2 READING YOUR LOG

YOUR HOT SPOT

The trap with the highest total marks the harborage closest to it. Inspect there first.

NYMPHS PRESENT

Juveniles in a trap point to an active, breeding colony nearby, not a lone wanderer.

COUNTS OVER TIME

Keep logging once you start treating.

Falling counts week over week mean the system is working.

FIELD NOTE 5.2

Traps are for intelligence, not elimination. They tell you where to aim. The colony is ended by the full sequence in Section 2.

SECTION 6 · THE SHIFT

6.0 FROM REACTING TO RUNNING THE CAMPAIGN

Integrated Pest Management is a change in mindset: from reactive, short-term fixes to a deliberate, strategic campaign. Understand the principles, apply them consistently, and you lay the groundwork for control that lasts long after the spray bottle would have failed.

This overview is the doorway. The full system is where the real work happens.

NEXT DEPLOYMENT · RD-01

ENTER THE DOCTRINE

This was the overview. **The Roach Doctrine** is the complete field manual: the step-by-step system to eliminate German cockroaches yourself and keep them gone, without an exterminator on retainer.

- ▶ Exact inspection routes
- ▶ Denial: food, water, harborage
- ▶ The kill phase and bait strategy
- ▶ The maintenance schedule

ENTER THE DOCTRINE · \$47 ›

6.1 SOURCES & STANDARDS

- [1] U.S. Environmental Protection Agency. "Integrated Pest Management (IPM) Principles." epa.gov/safepestcontrol/integrated-pest-management-ipm-principles
- [2] UC Statewide IPM Program. "Pest Notes: Cockroaches." UC ANR Publication 7467. ipm.ucanr.edu/PMG/PESTNOTES/pn7467.html
- [3] University of Kentucky Entomology. "Cockroach Elimination in Homes and Apartments." ENTFACT-614. entomology.mgcafe.uky.edu/ef614

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