CLAIMS

1. An insect repellent composition which provides a complete protection time of at least 8 hours, the composition comprising p-methane-3,8-diol in an amount of at least 20% by weight of the composition, vanillin in an amount of 5 to 15% by weight of said composition, an antioxidant that prevents discoloration of said vanillin when said composition is stored at 54° C. for 14 days and a delivery vehicle.

2. An insect repellent composition according to claim 1 comprising p-methane-3,8-diol as the sole insect repellent, vanillin and a delivery vehicle.

3. An insect repellent composition comprising p-methane-3,8-diol as the sole insect repellent in an amount of at least 20% by weight of the composition, vanillin and a delivery vehicle, wherein said insect repellent composition provides a complete protection time of at least 8 hours.

4. An insect repellent composition according to claim 3 comprising p-methane-3,8-diol, vanillin and a delivery vehicle, for once or bi-daily administration.

5. An insect repellent composition according to claim 1, for the prevention of a disease state selected from the group consisting of: disease states caused by *Aedes Aegypti*, Dengue fever, Yellow fever and the Zika virus.

6. An insect repellent composition according to claim 3, for the prevention of a disease state selected from the group consisting of: disease states caused by *Aedes Aegypti*, Dengue fever, Yellow fever and the Zika virus.

7. An insect repellent composition according to claim 3 comprising p-methane-3,8-diol, vanillin and a delivery vehicle, for the prevention of a disease state caused by the *Culex* mosquito.

8. An insect repellent composition according to claim 3 comprising p-methane-3,8-diol, vanillin, and a delivery vehicle, for repelling midges, including the Scottish Highland midge (Meanbh-chuileag).

9. An insect repellent composition according to claim 3, which further comprises an antioxidant that prevents discoloration of said vanillin when said composition is stored at 54° C. for 14 days.

10. An insect repellent composition according to claim 1, wherein said antioxidant comprises sodium bisulphite.

11. An insect repellent composition according to claim 10, wherein said sodium bisulphite is present in an amount of about 0.5 to about 1.5% weight % of the composition.

12. An insect repellent composition according to claim 1, wherein p-methane-3,8-diol is present as the sole insect repellent.

13. An insect repellent composition according to claim 1, wherein said composition provides a complete protection time of at least 10 hours.

14. An insect repellent composition according to claim 1, wherein said composition provides a complete protection time of at least 12 hours.

15. An insect repellent composition according to claim 1, for once or bi-daily administration.

16. An insect repellent composition according to claim 1, for the prevention of a disease state selected from the group consisting of: disease states caused by the *Culex* mosquito, and West Nile virus.

17. An insect repellent composition according to claim 1, for repelling midges, including Scottish Highland midge (Meanbh-chuileag).

18. An insect repellent composition according to claim 1, wherein said vanillin is present in an amount of 10% by weight of said composition.

19. An insect repellent composition according to claim 1, which said p-methane-3,8-diol is present in an amount of at least 25% by weight of said composition.

20. An insect repellent composition according to claim 1, which said p-methane-3,8-diol is present in an amount of at least 30% by weight of said composition.

21. An insect repellent composition according to claim 1, wherein said delivery vehicle comprises isopropyl alcohol.

22. An insect repellent composition according to claim 1 that comprises p-methane-3,8-diol, vanillin, sodium bisulfite, water and isopropyl alcohol.

23. An insect repellent composition according to claim 22, wherein said isopropyl alcohol is present in an amount of about 40% by weight of said composition.

24. An insect repellent composition according to claim 1, which is a spray, lotion, gel or roll-on.

25. An article of manufacture, such as a mosquito net or a dermal wipe, that is impregnated with a composition according to claim 1.