

# HOW TO DEAL WITH YOUR PERIOD OUTDOORS

## What to pack to deal with periods outdoors

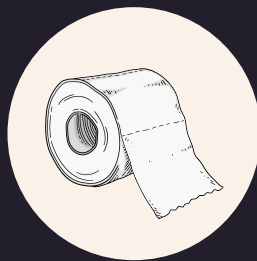
Whether it's for yourself or you're packing as a leader here's a list of things you can pack to be as prepared as possible. You can put these items in a dry bag or part of your first aid kit.

### SPARE SANITARY ITEMS

Ensuring you have the kit as part of your rucksack is also useful, as many of the items are multi purpose in terms of first aid. If you're heading out to buy some supplies: Some people and religions will and can only use sanitary towels so this is a great option that everyone can use. Tampons go for medium flow & organic cotton (no harsh chemicals that are hormone disruptors and less likely to cause dryness) sanitary towels (organic cotton).



### DARK COLOURED POO OR NAPPY BAGS



### TOILET ROLL OR WIPES

Think environmental (biodegradable or environmentally friendly)



### HAND SANITISER



### HIGH ENERGY FOOD

Carbohydrates are important during this phase of the cycle as well as ensuring that you eat 30g of protein per meal & 30g of protein post exercise



### PAINKILLERS

## Find a suitable spot

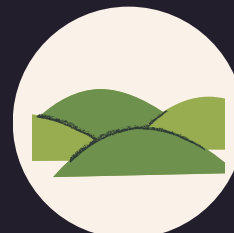
and feel free to take a friend as a look out



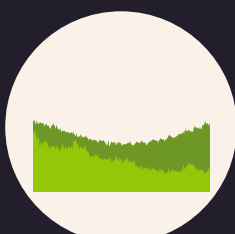
ROCKS



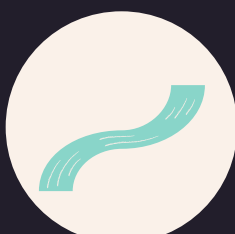
TREES



DIPS IN THE LAND



FLAT GROUND (OR DOWNHILL) UNDERNEATH YOU



100+ METRES AWAY FROM A RIVER OR WATER SOURCE



HAVE EVERYTHING IN A NEAR POCKET ESPECIALLY IF WINDY

## How to change sanitary items outside



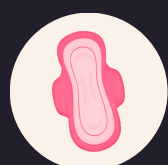
PREPARE ALL YOUR ITEMS



CLEAN YOUR HANDS



LAY OUT A NAPPY/POO BAG NEXT TO YOU



CHANGE ITEMS & WRAP IN TOILET ROLL/TISSUE



DOUBLE BAG IN POO/NAPPY BAGS



STORE IN SIDE POCKET OR DEDICATED TUB IN BAG

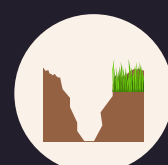
## How to change a menstrual cup outside



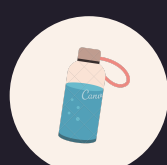
PREPARE ALL YOUR ITEMS



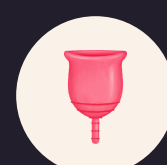
CLEAN YOUR HANDS



CREATE HOLE IN THE GROUND AND POUR CONTENTS IN



AND/OR WASH AWAY WITH WATER IF POSSIBLE



CLEAN OUT CUP WITH PREBOILED WATER OR TISSUE



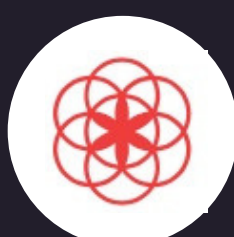
REINSERT AND CLEAN HANDS

## Considerations for having your period in the mountains



### TAKING A WATERPROOF NAPPY BAG OR CONTAINER/BAG

If you're out for an extended period of time you want a place to put all your waste in one place. A sealed tupperware or plastic container works well for this, and if it's see through you can always tape over it so you can't see inside. Nappy bags or 'wet bags' are also a great solution.



### PLANNING AND TRACKING YOUR PERIOD

Tracking your periods (if they are regular) can be extremely helpful tool in planning harder and more physical days outside. Tracking apps such as Clue are great for this, as it's easy to use and they don't sell your data. By tracking you can plan around your period and do less on your heavier days.



### LEAVE NO TRACE & PROTECT THE ENVIRONMENT

Leave no trace a fundamental in the outdoors, no one wants to stumble across used toilet paper. So please, ensure that you take all rubbish with you. When going to the bathroom ensure you are 100+m away from a river or water source & avoid rocky ground or hill tops as the soil is thin here and the phosphates in your waste impact the sensitive ecosystem. Sanitary items should be carried out with you, waste from menstrual cup should ideally be deposited into a hole in the ground & washed away with some water. There are many options to taking out your waste:

Taped up tupperware (an old one that you no longer use for food)

Wet bags (used for nappy's) - they have a 'wet' and 'dry' side

Plastic container with screw lid works well for waste as it often fits in a pocket in the side of your rucksack.

Toilet roll counts as waste so take that with you too.



### ENSURING YOU'RE STAYING HYDRATED & WELL NOURISHED

Diet and nutrition is incredible important for period and hormone health. As is being hydrated and having the right nutrition especially outside for extended periods of time. Eating little and often works well for a lot of folks. Every persons body is different, Dr. Stacy Sims suggests that women perform better in a fuelled state so carbohydrates are really important as is protein. Each meal should aim to get 30g of protein per meal plus 30g of protein post exercise.

## Other considerations

### PERIOD PANTS

Period pants are a great solution and come in different levels of absorbency. There are lots of brands out there and they offer great protection and also help with any embarrassing leaks that can happen when out doing exercise.

### TIPS FOR LEADERS

It's important to recognise that women, non-binary and trans folks do all get periods. People are always grateful when leaders address and educate the whole group and not single anyone out.

Ensuring you have the kit as part of your leader's rucksack is also useful, as many of the items are multi purpose in terms of first aid. If you're heading out to buy some supplies:

Some people and religions will and can only use sanitary towels so this is a great option that everyone can use.

Tampons go for medium flow & organic cotton (no harsh chemicals that are hormone disruptors and less likely to cause dryness) sanitary towels (organic cotton).

Remember to pack some toilet roll, hand sanitiser and waste bags and hand it all over in a pack to make it easy and more discreet.