



## General Hygiene

Maintaining health and well-being in the wilderness is important, and outdoor hygiene is taught on every course. Whether you are sailing, backpacking, climbing or canoeing, you will be outside for the whole time, and won't have access to a shower or bath.

You will, however, be able to do basic cleanup every day: wash your hands (several times a day), brush your teeth, wash your face and comb your hair. Many courses have some lake, river, or ocean swimming! At the end of your course, before you head home, you will be able to do a more thorough cleanup in a shower at the base camp or other fresh water source at the trailhead.

All Outward Bound courses teach Leave No Trace camping techniques. Your instructors will teach you the hygienic and environmentally safe way to dispose of waste as well as techniques for basic cleanliness. If you haven't lived and traveled in the wilderness before, it is natural to have questions regarding sanitation in an outdoor setting. Your instructor and your Course Advisor are happy to answer any questions you have about going to the bathroom and other hygiene questions - - please ask!

You will notice that on your packing list we recommend you do not bring any shampoo, deodorant, aerosol spray, or many other products that you may use at home. The hygiene supplies you take on expedition are as simple, light and effective as possible. You can, however, pack your regular toiletry kit for the end of course so you can use it for the return trip home.

## Menstruation

While you are out on your Outward Bound course, you are likely to experience a change or increase in your physical activity level. This may alter your menstrual cycle, and it is normal if it does so. We understand that you may have questions about how to take care of your menstrual needs while on course, and we have several suggestions to help you plan.

To be adequately prepared, please bring the following:

- Twice the number of tampons, pads or panty liners you normally use during your cycle
- If you use a menstrual cup, please be sure to also bring a backup method
- 1 travel pack of feminine or baby wipes
- 1 travel-sized bottle of instant hand sanitizer or anti-bacterial soap that does not require water
- Extra bandana (a.k.a. "pee rag" for everyday use)

As mentioned, we practice Leave No Trace camping techniques and we pack out all that we pack in. At course start, all students get a tough, dark-colored, zip-lock plastic bag for "personal" trash. This is where you will put all your used menstrual supplies. You will be able to throw your personal trash out at each resupply, and get a new bag. Resupplies happen every five to eight days.

You may also want to bring an extra pair or two of underwear above what we suggest on your packing list. We also recommend that even if you typically use tampons exclusively, that you bring some panty-liners/pads as well. Don't hesitate to ask for help or advice from your instructors! They have lived and traveled in the wilderness for hundreds and hundreds of days and nights.