

YOUNG WOMEN'S ESSENTIAL INFORMATION

The overnight expedition is a key part of your Outward Bound® experience. After a day of walking, climbing or canoeing, you'll be cooking your own food, camping out under the stars or sleeping in a lodge deep in the mountains. Taking care of yourself and your personal hygiene is vital on expedition, as is looking after the natural environment and ensuring you leave no trace of your activities in the area. Before you set off on expedition, your instructor will advise you on dealing with these issues but just in case you want to know more before you leave for your Outward Bound course, this factsheet gives you loads of tried and tested tips on the best ways to keep hygienically safe and well whilst enjoying your big adventure.

EVERYDAY STUFF

Most of us are used to having a toilet nearby when nature calls, but out in the wild, things have to be done a little differently. As a group, you may decide to have a specific toilet area with a makeshift sign to show when it's in use. You'll need to make sure that when you do go to the 'loo', you find a spot at least 200 feet from running or standing water, as streams and water courses must be kept environmentally clean and other people may use the water for cooking and washing up. When it comes to solid personal waste and toilet paper, you'll need to use a sealable container, provided by the centre, which will be emptied once you get back to the centre. Afterwards, it's essential that you clean your hands using antiseptic wipes or sanitizer, which you should bring along as part of your kit list and carry back to the centre with you.

ALL THE REST

Being on your period whilst on expedition shouldn't spoil your adventure. You should continue to change your sanitary products regularly, always remembering to wash your hands before and afterwards. Pack out any used products in nappy sacks or ziplock bags, placing them in sanitary bins when you return to the centre. You can carry the products yourself or put them in the communal sealable container. Either way, it's important that you don't leave used products lying around, as they pose an environmental hazard. If you use a mooncup, you need to collect water from the nearest stream and carry it away to a sandy or thin soil area where you can rinse your cup out, in a shallow dug-out hole. Take time to replace the soil when you've finished. If you suffer from stomach cramps during your period, let your instructor know and continue to take any painkillers if you normally do so. If you're taking any other medication, make sure that your instructor is aware.

If you're caught off guard and don't have what you need, our instructors carry a small supply of sanitary products on expedition or you can buy them from the shop in your centre.

If you think that being on your period whilst at Outward Bound will be a problem, consult your doctor, who will be able to advise you on your options.

The Outward Bound Trust does not allow women who are less than 20 weeks pregnant to participate in a course. After this time, you should check with your doctor and the centre whether it is advisable for you to attend the course.

Please feel free to call us with any additional questions you may have on 01931 740000.