



MENSTRUAL HYGIENE IN THE FIELD

Welcome to Outward Bound Australia! We are looking forward to having you join us on Program! A common question for those who experience menstruation is how to manage it in the field. This document outlines things you need to know to manage a period in the field.



Hygiene in the Field

- You will have access to some form of a toilet throughout the program. This may vary between flushing toilets, drop-toilets, a 'bombie' bucket or digging a hole.
- Early on in the program, Group Leaders will deliver a briefing on hand washing, toileting hygiene and, managing periods in the field.
- You can raise any concerns you have directly with your Group Leader when you feel comfortable. Any question you have will be handled with respect and discretion.
- ALL menstrual pain medications must be handed to the accompanying adult or the Outward Bound Group Leader, as administration of these medications must be recorded whilst on program as per Outward Bound Policy.

Packing List

- **Period Products:** Please bring the products you are most comfortable with (pads, tampons, menstrual cups and period underwear can all be used hygienically in the field), and bring enough for your entire period.
- **Garbage Bags:** A great tip is to bring a small garbage bag so you can discretely dispose of used items.
- **Spare Underwear:** Pack additional sets of underwear if you are expecting your period.



PLEASE REMEMBER..

You are not alone!

Many people have managed their periods in the field before you, and many will after you. It is a very common experience in the field so please rest assured that you are not alone in this experience.

Preparation is key

Preparing to have your period in the field is key to properly manage it. Make sure you have packed enough menstrual products, spare underwear and understand your cycle. It is also not uncommon for cycles to change with increased exercise and a change in routine.

Reach out

Please talk with someone you trust to discuss your period before you go on program - your Mum or Dad, a teacher or friend. Of course, please contact your Client Manager if you have further questions or concerns about maintaining menstrual hygiene whilst on Outward Bound.

We're here to support you!

Please rest assured that our Group Leaders are here to support you throughout your program in anyway they can. All off our Group Leaders carry spare menstruation products if you don't have ay or run out.

