

Period 'go-kit' for Camp

The thought of having your period whilst on camp may be a little daunting, however your period doesn't have to put a downer on your camp or expedition.

With a little thought and preparation, having your period on camp shouldn't stop you participating and enjoying yourself.

Packing a period "go-kit" will keep your clean supplies organised and used supplies properly stored.

A "go-kit" is a sack containing a clean bag to carry products in, and a waste bag to carry used items out.

Pack



Clean bag

- ✓ **Menstrual products** – pack what you feel most comfortable using. Tampons and disposable pads are easy to purchase most places. Menstrual cups are great when toilet access is limited as they can be left in for up to 12 hrs.
- ✓ **Toilet paper** – don't get caught short. Pack your own, as we always a little bit more at this time of the month.
- ✓ **Baby wipes** or Fem-Fresh wipes are an essential – unscented best.
- ✓ **Soap** or liquid soap in a small bottle.
- ✓ **Hand sanitiser.**
- ✓ **Spare knickers** – for obvious reasons.
- ✓ **Pain relief** – you don't want cramps getting in the way of your fun, so bring along some paracetamol or ibuprofen just in case.

Waste bag

- ✓ **Ziploc bags** – lots of them, depending how long you are camping. These are the best way to carry out used tampons, pads and toilet paper to contain odours.

Pack Out



- ✓ **Wash your hands.** Ensure your hands are clean before and after using any product. Washing before changing is just as important as cleaning your hands afterwards.
- ✓ **Pack out** your used tampons or pads. Never bury or dispose of them in the bush.
- ✓ **Seal** used tampons, pads and toilet paper in Ziploc bags, and pack separately in your waste bag.
- ✓ **Store** your waste and carry back to Camp to dispose of properly.
- ✓ **Drink** plenty of fluids. Dehydration can increase menstrual pain.
- ✓ **Wear** darker coloured pants – it's less likely to show evidence of spotting and will help you feel more confident.