

Feminine Hygiene on Your SCA Crew

Some things that seem simple at home, like going to the bathroom and caring for your feminine hygiene needs, can feel a bit scary and complicated when you head into the backcountry. Doing a little bit of research ahead can help you to feel more prepared and confident when the time comes.

Your SCA crew leaders will also provide training on camp hygiene and will be great resources as you get accustomed to a new environment.



Leave No Trace Tips for Women

- Bring hygiene products with less packaging: To the extent possible, avoid products that require an applicator or other packaging that will require packing out.
- Consider the use of thinner pads. When possible, use thinner pads and smaller tampons in order to reduce the amount of waste and bulk that will have to be packed out of the backcountry
- Consider using a reusable bandana instead of cleansing wipes. Bandanas can be used for daily hygiene needs. There will likely be some women who will be comfortable with this idea and others that will not. It is a personal choice that the individual must make. If a reusable cloth or bandana is used for hygiene needs, thoroughly clean it daily well away from water sources.
- Pack out all feminine hygiene products and used toilet paper. If packing out used toilet paper is not an option, bury it along with human waste deeply in a 6\8" deep cathole dug a minimum of 200 ft (70 adult paces) from any water source, campsite or trail.
- Diva Cup, The Keeper or other menstrual fluid receptacle. If possible, pack out the menstrual fluid to the nearest acceptable receptacle. Otherwise bury in a 6\8" deep cathole a minimum of 200 ft from any water source, campsite or trail.
- Dispose of human waste properly. Human waste, including urine and feces, should be disposed of at a provided facility such as a flush toilet, outhouse or privy. If no facilities are available, dig a cat hole 6\8" deep at least 200 feet from water sources, campsites and trails.
- Urine. While the odor of urine can be a problem in heavily used areas, it is typically not a health concern. Urinate well away from camps and trails. Animals with salt\deficient diets sometimes defoliate plants to consume the salt in urine, so urinate on rocks or bare ground rather than on the vegetation. Where water is plentiful, consider diluting the urine by rinsing the site.

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Additional Resources:

<http://www.allmountainsports.com/outdoor-tips-advice/womens-tips/hygiene-and-femininity-in-the-backcountry/>

<http://www.trailspace.com/articles/backcountry-waste-disposal.html#women>