



MENSTRUAL HYGIENE ON PROGRAM

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



- There will be different forms of toilets throughout the program including flushing toilets, drop-toilets, an expedition toilet bucket or digging a hole.
- Group Leaders will deliver a briefing on managing hygiene on program hand washing, toileting hygiene and managing periods in the field. They'll remind you to wash your hands frequently, as well as before and after changing a period product.
- 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.
- Any 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.
- **Small Plastic Bags:** A good tip is to bring a small garbage bag (small nappie bags work well) to place used items in throughout the day.
- **Spare Underwear:** Pack additional sets of underwear if you are expecting your period.
- **Hand Sanitiser:** it can be helpful to pack a pocket-sized hand sanitiser to clean your hands before and after changing a period item.



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. Even if you're not expecting your period, it's not uncommon to sync up with others in the group and get it at irregular times. We suggest packing a few items even if it's not your time of the month.

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 any way they can. All of our Group Leaders carry spare period products if you need.

