

OUTDOOR PERSONAL HYGIENE FOR WOMEN

Most of our river trips have female guides on them, and they are available to answer your questions. Our male guides are educated about menstrual cycles and urination differences, and are quite comfortable addressing your concerns. Sometimes, though, they need to be reminded that you may need more "stops" than they might have anticipated.

We carry sanitary porta-potties that are placed in a private area out of sight at the edge of camp. Because of space limitations, handling and weight considerations, porta-potties are used for solid waste only. If you need the porta-potty during the day, ask your guide to set it up. (In certain situations, they may offer different instructions for disposal.) Urination is only acceptable in the wet sand next to the river or in the river itself. The water flows offer continual cleansing and sanitizing of the river and beach areas.

If you are on or expecting your period please bring:

1. plenty of small ziplock bags
2. some extra toilet paper
3. Please dispose of your used napkins/tampons in your ziplock bag and then in the evening dispose of your ziplock baggie in the receptacle next to the porta-potty (**not in the porta-potty**)
4. Keep plenty of extra pads/tampons with your small ziplocks in your daypack at all times during your period.

A helpful hint from past guests--wearing a comfy, wrap-around sarong makes urination much easier because you don't have to pull down your pants. You can wear it over your swimsuit during the day or in the evenings to wash up. Packing a couple of sarongs can be helpful ie: a sun cover (a wet sarong is wonderful in the heat of the day), a skirt or sundress during in the evening or a beautiful beginning to a costume for the last nights party.

Wet Wipes are great to bring on any outdoor expedition but disposing of them can be a problem, if you bring them, please do not dispose of them in the porta-potty, please put them in the garbage in the evenings.

If you have questions, please call our office and speak to any of us. Some of us work indoors, but all of us spend our free time in the outdoors.