

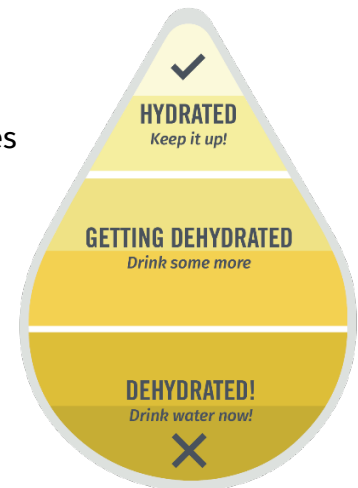
GOING TO THE TOILET OUTDOORS

Being outdoors for a long time can be tricky sometimes. To keep healthy we need to eat and drink regularly, especially when we're exercising. But then you need to go to the toilet – and there aren't public loos on a mountain! Here are our top tips for toileting outdoors:

DON'T GET THIRSTY – KEEP HYDRATED

You should aim to drink around 2 litres of water on a day out with Outward Bound. Water regulates your body temperature, lubricates your joints and helps transport nutrients to give you energy. If you're not properly hydrated, you may experience fatigue, muscle cramps, dizziness or more serious symptoms.

Checking your urine can show if you need to drink more. Colourless or light yellow means you're probably well hydrated. Dark yellow or amber colour is a sign of dehydration.



POOING

Kit list: Toileting bag (you'll get these from your instructor), toilet paper, hand sanitiser

Method: Find a good rock/tree or a well-hidden place. Squat or lean back against the rock/tree (pretend you're sitting on an invisible chair). Make sure your trousers are out of the way! Follow the instructions on your toileting bag and make sure that your poo is well sealed inside. Clean your hands. Then either carry your sealed bag or put it in the 'poo tube'. Dispose of your used toileting bag back at the centre.

PEEING

Kit list: Toilet paper (optional), hand sanitiser

Gentlemen! Work out which way the wind is blowing and pee downwind.

Ladies! Use the squat method described above. Wiggle yourself dry. If you prefer to wipe, put your used toilet paper in a plastic bag, bring it back to the centre and dispose of it in the loo.

PERIODS

Kit list: Your sanitary items, toilet roll, bag, hand sanitiser

Method: Find a well-hidden place or request some personal time in your tent. Change your sanitary wear and bag your used items. Clean your hands. Take the bag with you to re-use when necessary (maybe in an outside pocket of your rucksack). Put the used items in a feminine hygiene bin back at the centre.

Need anything? If you are caught out and don't have your own sanitary items with you, speak to your instructor. We'll have spare towels/tampons and bags in the first aid kits. If you need to buy anything before setting out on adventure just let us know.

ASK FOR HELP

If you have any questions or need anything, please ask any of the Outward Bound team. We know it can feel a bit embarrassing, but we're all happy to help!