



ON CAMP

NO FEAR, IT'S NORMAL!

Menstruating while outdoors can be daunting but there's always someone you can talk to to help you feel more comfortable. Many OEG staff menstruate every month while out on camp! It's normal and can be easier to manage if you are willing to discuss your feelings/symptoms/worries. OEG has well trained staff and effective processes to assist with your cycle.

BE PREPARED

Preparation is key for feeling comfortable. Even if you're not expecting your period, bring some supplies just in case. The OEG Staff will have extras if you forget.

A 'period kit' is recommended:

- a discreet bag with your sanitary items
- hand sanitizer
- bags to put items in (zip-lock or paper bags).
- Keep it in an accessible spot in your backpack
- Toilet paper and spare undies!

Whatever your usual sanitary items are, they can be managed outdoors. It is important you are comfortable and familiar with your own system.

THE PROCESS

Whatever the campsite toilet option, you'll always be able to dispose of your sanitary waste. Each group carries a "toilet tube" which is leakproof, where you'll put sanitary items and used toilet paper.

During the day, if you don't want to use the toilet tube, you can wrap up your item in toilet paper and place in your own personal snap lock bag until you arrive at the campsite and dispose of it in the tube or provided bins.

Tip: A paper bag or coloured plastic bag can be more discreet :) A clear toileting area will be set up at each campsite.

TOILETS

There are different toileting systems depending on what program you are on e.g. flushing toilets, 'drop loos' (compostable toilet), or just a toileting area which will be set up at the campsite.

It is not guaranteed each campsite will have running water and their own sanitary bins. But each group will carry their own, air-tight, leakproof container.

While moving during the day, you may need to toilet where you are e.g in the bush. A handwashing station and sanitizer will be set up at your campsite each day, and will be accessible throughout the day. Hygiene is key!

KEEP COMFY

If you may need pain killers, bring written permission from your guardian, and hand it to your teacher. OEG staff carry paracetamol that can be given with permission.

Tell your OEG leader if you are experiencing pain, so they can help.

Tips:

- Some drink bottles (e.g Nalgene) can act as a hot water bottle to help with cramps!
- Bring a wash cloth to clean yourself it's a sustainable alternative to wet wipes.
- If worried about anything, reach out!

FREQUENTLY ASKED QUESTIONS:

Can I participate in activities while menstruating?

Yes! You can still fully engage in all activities. Our staff can adapt anything if need be so don't worry :)

The schedule looks busy, will I have time to change? There are many rest and meal breaks throughout the day for you to change. Your group leader can accommodate in emergencies too!

What is the best sanitary item to use?

Whatever you use at home is likely fine to use on programme. Period undies are best used only if you're light as thoroughly washing and drying them is not always easy. Refer to our sanitary items infographic for more info.

What if I have an emergency?

These happen – your first period, an unexpected period, a leak etc - don't stress! Your group leader will support you and will have some emergency sanitary items and pain medication to help.