



Feminine Hygiene Information

The Instructor/Teacher Role:

In the early stages of every Outward Bound program, the instructor will discuss ways of maintaining feminine hygiene. If the group is co-educational, the instructor will discuss this while the male participants are otherwise engaged. Every co-ed or female Outward Bound group will have at least one female teacher and/or instructor, to make it more comfortable for participants to discuss any issues/or concerns. Instructors are aware and knowledgeable regarding issues or concerns that may arise.

General advice and information:

The menstrual cycle can alter, (resulting in an early or late period), due to change in diet, increased activity and raised hormonal levels due to a change of environment. This is a normal occurrence so be aware that this may occur and be prepared.

All female participants should bring their own supply of sanitary pads/tampons even if their period is not due or hasn't commenced. If required, extras can also be obtained from the instructor/teacher who carries spares.

Privacy can be obtained; there are ample opportunities to maintain hygiene and remove oneself from the group. During activities groups stop frequently for rests, snacks and meals.

Hygienic practices are extremely important; therefore water is always available to ensure that a high standard is maintained. There is also disinfectant provided for hand washing after going to the toilet. If concerned, participants can bring a small packet of 'baby wipes' or 'wet ones' to also keep clean.

Water activities, if in your program, are only a small part of each program and do not present a problem. The instructor/ teacher can advise any participants who have concerns about this. There is one short swim in every program, involving a water activity, and anyone with concerns about this can take their swim as other participants are finishing and changing back into dry clothes.

Sanitary pads and tampons should be disposed of by wrapping in toilet paper and then double-bagging them with plastic bags (only toilet paper is allowed in the toilets). It is recommended that girls bring small plastic or paper bags for their own discretion. This can then be placed in the communal rubbish bag just before it is disposed of. The communal rubbish bag is collected most days from each campsite. Participants therefore do not have to carry rubbish for the entire program.

If a participant takes medication for period pain, bring it on program and note this on the medical form (as with any medication). The participant must make sure that the instructor is aware of this medication and is advised every time it is administered including dosage. Panadol, and similar pain relief, is not recommended in the outdoors as it can lower body temperature and mask other symptoms. Medication should only ever be taken under supervision by an instructor and only as deemed necessary, not for minor symptoms.

We understand that this is a sensitive issue and our experienced instructors will deal with it with care, discretion and sensitivity.

Our aim is to make the experience as positive as possible. The possibility of having a period on program need not cause distress or non-participation.