



Personal Care/Hygiene Information

The strenuous activities of an Outward Bound Course require special considerations with regard to personal care. A change in physical activity, or in elevation and rustic nature of the field require students to plan for changes their bodies might experience.

Menstrual Cycles

Biologically female participants may experience changes to their menstrual cycles on course. Flow may be heavier or lighter than usual, and symptoms may be different than you encounter at home. To prepare for your course, please bring the following:

- Twice the number of tampons, pads, panty liners normally used during your cycle*
- Or you may bring a menstrual cup (e.g. "Diva Cup") if you use this normally
- 3-4 large zip-lock plastic bags (freezer grade quality)
- 1 travel pack of unscented wipes (feminine or baby)
- 1 travel size instant hand sanitizer/anti-bacterial soap that does not require water
- Extra Bandana (to be used as a pee-rag when not menstruating)
- 1-2 extra pairs of underwear

**If you typically use tampons or a menstrual cup exclusively, please also bring panty liners*

At Outward Bound, we practice Leave No Trace camping techniques, meaning we pack out what we pack in. Each participant will be provided with a bag in which to store used products until the group reaches its next re-supply. Re-supplies happen every 3 - 7 days and used items can be disposed of then.

Bathing

You will get dirty on course, though maintaining basic hygiene is an important part of wilderness travel. While there is no access to bathing facilities during course, our High Sierra courses often encounter streams where students can rinse off. You'll be taught how to maintain hygiene in the backcountry.

Most students will be offered a basic, backcountry shower at the end of course. This is an opportunity to rinse off in the field using soap and water, prior to traveling home. Students will be provided with a sheltered area apart from the group and may check with their instructors regarding any special considerations for this space.

Deodorant/Antiperspirants

These are strongly discouraged on course for a variety of reasons.

- Antiperspirants clog pores and do not allow your body to sweat, which is the body's natural method of preventing over-heating.
- Deodorant, when worn without regular showers or scrubbing can lead to rashes.
- Many deodorants have scents that are attractive to insects and other animals.

Chest Binders

If you wear a chest binder at home, please contact your Course Advisor to discuss its use on course. There are unique considerations for chest binders during intense physical activity and we want to ensure your safety during your time with us.

General Information

If you need guidance while on course, your instructors are available and well-versed in helping students learn personal care skills in the wilderness. Please do not hesitate to ask them any questions you may have on how to deal with a novel situation. If you have questions prior to course, contact your Course Advisor at 415-933-6222.