



Wherever you are—bushwalking, camping, or exploring the Outback—period care is a personal experience. These Leave No Trace tips will help you stay comfortable and safe while minimising your environmental impact when managing your period outdoors, especially when usual facilities aren't available.

1. Keep hygiene in mind

Your hands may not be as clean as they would be at home, so choose menstrual products accordingly. Pads and tampons can be a more sanitary option, but you'll need to pack them out, including any applicators and wrappers. Menstrual cups reduce waste but require clean hands and water for proper use. Period underwear is another option, but it needs to be washed between uses. Whatever product you choose, follow the recommended change times to avoid health risks like toxic shock syndrome.

2. Be prepared for an early period

Physical exertion, stress, and changes in routine can trigger an early period. Even if you're not expecting yours, bring a few period products just in case. If travelling with others, consider planning as a group so that period supplies are available if needed.

3. If you're leading a group, have supplies on hand

If you're guiding a group—whether you menstruate or not—carry some period and pain management products. This is particularly important when working with young people who may be experiencing their period outdoors for the first time and might feel uncomfortable asking for help.

4. Pack comfort essentials

Bring anything that helps manage discomfort, such as cleansing wipes (pack them out), pain relief, a hot water bottle, hand sanitiser, or specific snacks. You know your body best, so plan ahead to make your experience as smooth as possible.

5. Dispose of or clean products properly

- **Pack out waste:** Used tampons, pads, wrappers, and wipes should be packed out in a sealed plastic bag (wrapping it in duct tape for privacy works well) or a dedicated waste container.

- Secure waste from wildlife: Research shows that menstrual waste does not specifically attract animals like dingoes or possums, but store it as you would any other scented item—away from camp and secured in a sealed container or bag.
- Washing reusable products: If washing period underwear or a menstrual cup, do so at least 70 big steps (about 60 metres) from water sources, trails, and campsites. Use biodegradable soap and clean water. Dispose of used water by broadcasting it over a wide area.
- Emptying menstrual cups: If regulations allow, dig a hole 15–20cm deep to dispose of menstrual fluid. If required, pack it out in a sealable container or WAG bag.

6. Test your products before your trip

If you're trying a new product, test it at home before relying on it outdoors. Knowing what facilities will be available and how long you'll be away can help you decide which products will work best for your trip.

7. Stay flexible and enjoy the outdoors

Even with the best planning, periods can be unpredictable. If something doesn't go as expected, don't stress. Ask for help if needed, and keep the lines of communication open with your group. The most important thing is to feel safe, comfortable, and enjoy your time in nature—your period shouldn't hold you back from adventure!



We are dedicated to promoting and inspiring responsible outdoor recreation practices to protect the natural world for future generations. Join us in embracing the Leave No Trace Seven Principles for a sustainable future.

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