



An Adventure Too Far?

Teaching about Excretion

Going to the Loo - without a loo to go to.

Wild Wee's - Who can wee outdoors?

Expedition Excretion deemed Dirty? Dire? Dignified?

Periods -Calm Changes or Bloody Adventures?

Wild Wees and Managing Poos & Periods in the outdoors

Fundamental life skill?
Safeguarding issue?
Discrimination issue?
Pollution issue?

**Where does being able
to Wee and Poo fit ?**

**And if not dealt with
what else will it
therefore affect?**

Maslow





How many times do boys wee outside between the ages of 5 and 15 ?

How many times do girls do this between the same ages?

Wild Wees - Questions to explore

- Do Outdoor Instructors know best practice for themselves/others?
- Which NGBs cover this topic as part of their training?
- Do some families never go anywhere that make it necessary to learn/teach this skill to children?
- Have Girls (and Boys?) ever been taught How To?
- Are people Embarrassed to wee where they may be seen?
- Are people not Able/Fit enough to wee how they were shown?
- Are there cultural differences in this fundamental skill?
- Does Society / Parents /Teachers - send girls to the 'toilet' and allow boys just 'go' where they are?
- What are the environmental issues ?
- What else ????????

Is not being able to : 'Go to the loo without a Loo' a Life-Limiting belief?

Is going to the toilet outside

- a **Safeguarding issue?**

- (Because personal bits are exposed)

- a **Health and Safety issue?**

- (Not drinking to avoid the need to wee - dehydration leading to possibly reduced/poor performance during exercise/exhertion and increased risk exhaustion/hypo and hyper thermal)

- a **Gender or/and a Culture issue?**

- (Is the experience of different groups in relation to this the same? Girls/Boys/Other and are some cultures better than others at teaching this skill to children and young people?)

- **something that may need to be explained/taught?**

- (Even if children were taught as toddlers - does the way they were taught still work as a teenager or adult - will it still work at 60!)

**And I've not even
started on**

**Whether to
How to !**

Or

Where to.....

Poo



What do we need to think about as Outdoor Professionals leading groups who are likely to be different to us, in age, gender, background and life experience?

In these groups there will always be a range of different needs and abilities.



The Trap is to think there is only one way to do it

Try Not to Assume

Your Way of doing things may not be the best way nor possible for everyone

Some people we work with face more challenges than others:

Consider -

Gender
Age
Culture

Nero-divergency
Physical abilities
Bags/Oscopies
Illness (UTIs)
What else?





which may require additional education
and support for
eg

Frequency of needing to 'go',

Need to overcome anxiety,

Managing catheters or stoma (bags)

Managing menstruation,

other individual circumstances

Wild Wees

Wild Wees

The challenges

- Place keeping away from busy places and dangers
- Privacy feeling safe and not vulnerable
- Protection being secure and sheltered from the weather
- Pests avoiding vegetation bugs/ticks
- Pollution awareness of water supplies
- Position getting up and down, balancing
- Pants keeping clothes out of the way
- Paper doing without, drip or air drying
- Pack the things you may need



The Squat

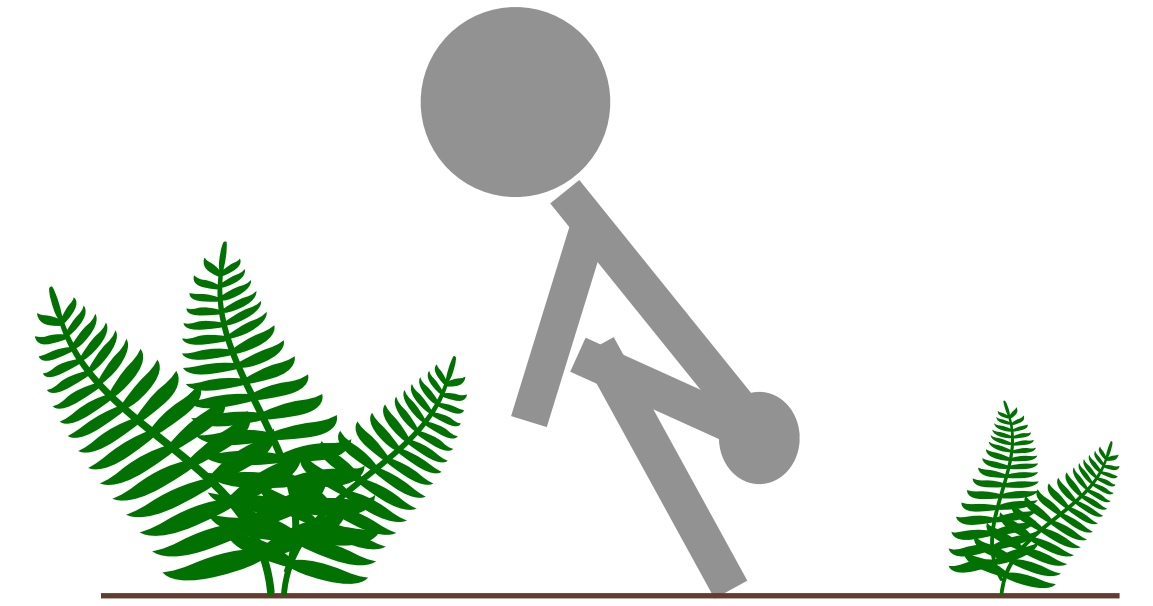
The traditional way



- Hard to get up and down, especially if have poor knees or are unfit
- Easy to lose balance
- Tricky to avoid your pants or your shoes getting wet or messy
- Can feel exposed so rush
- Skin close to vegetation - prickles and ticks
- Hard to keep all your supplies easily in reach and organised.

Wild Wees

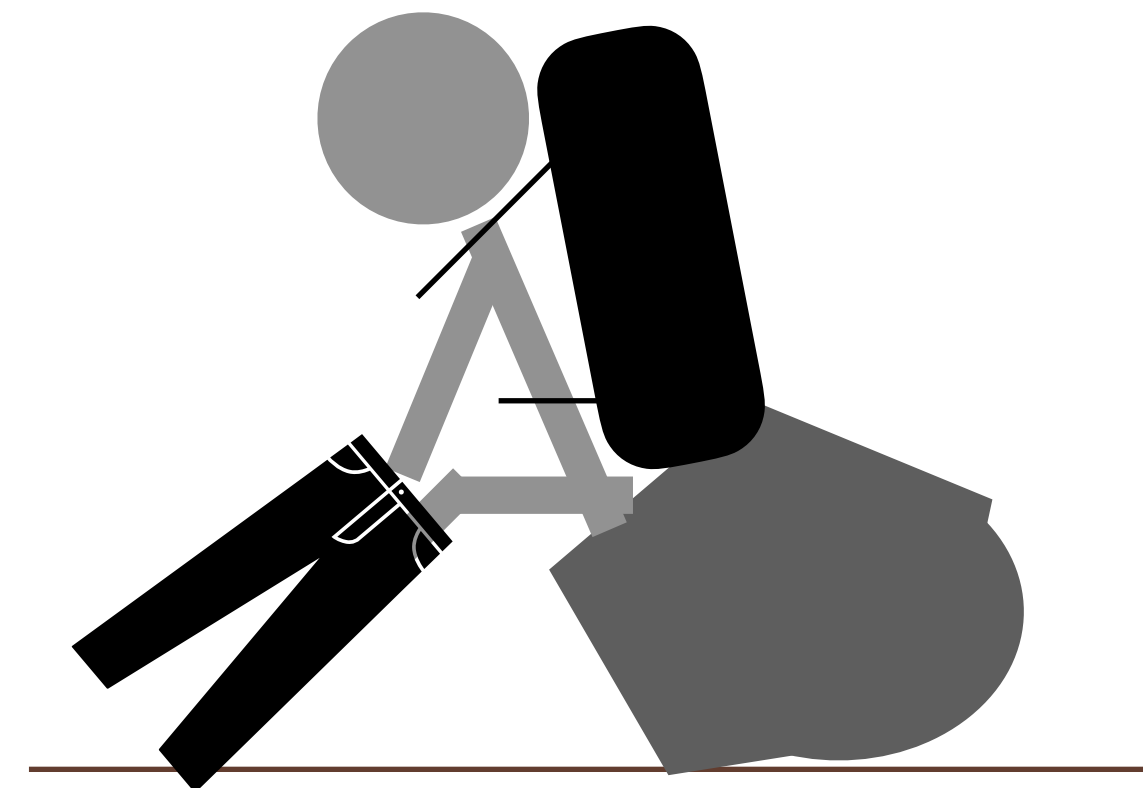
Alternative ways



Lean



Perch

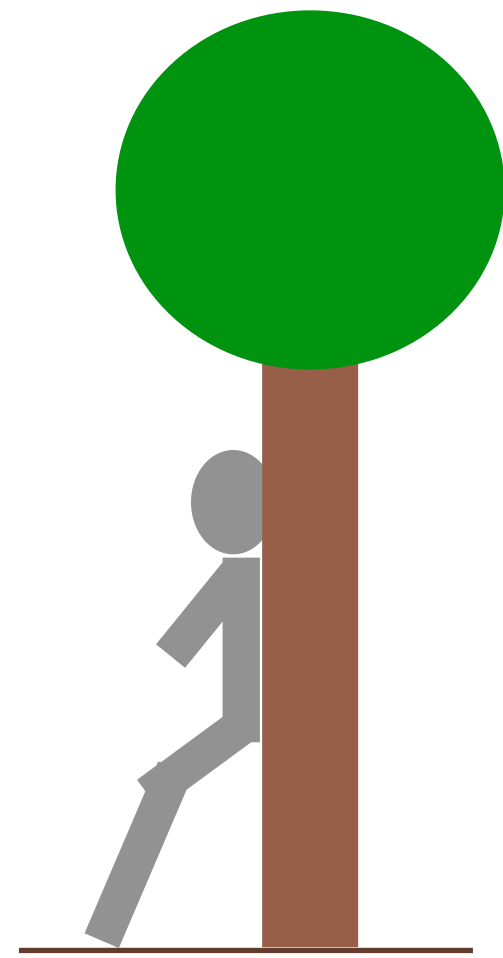


trousers out of the way and less body exposed
does not need good knees or balance
keeps clear of the vegetation

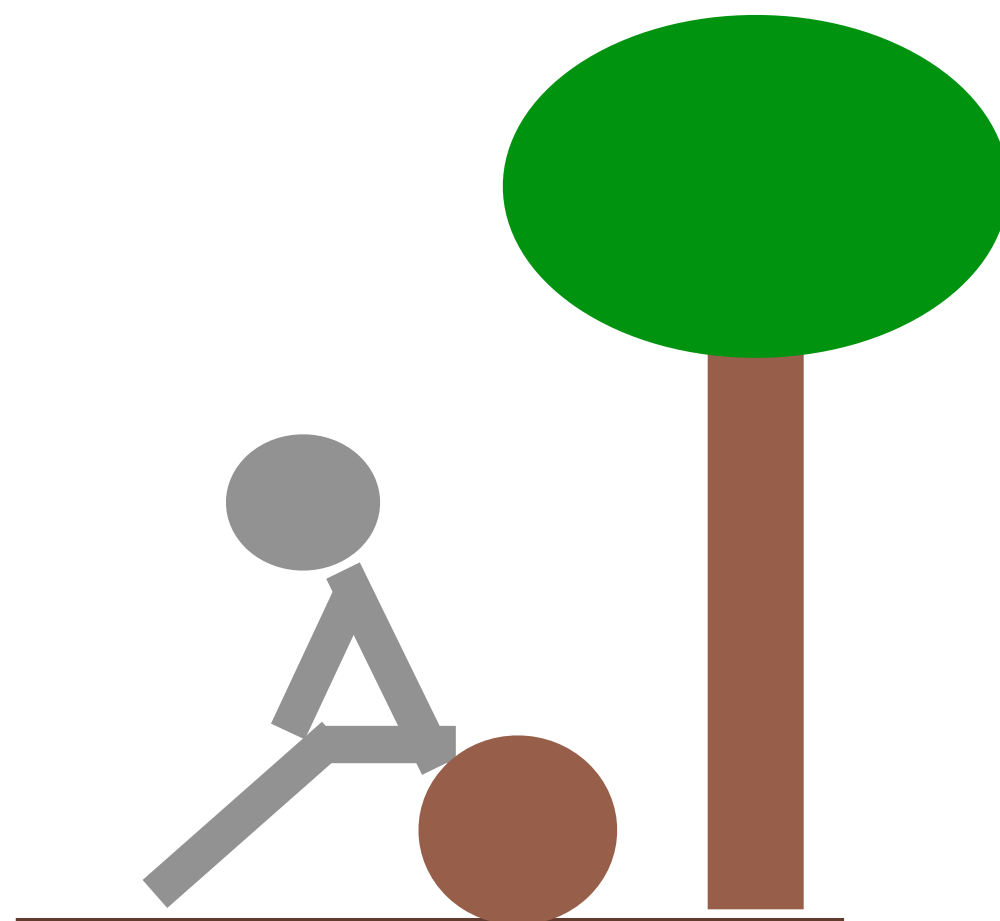
Wild Wees

In the Woods

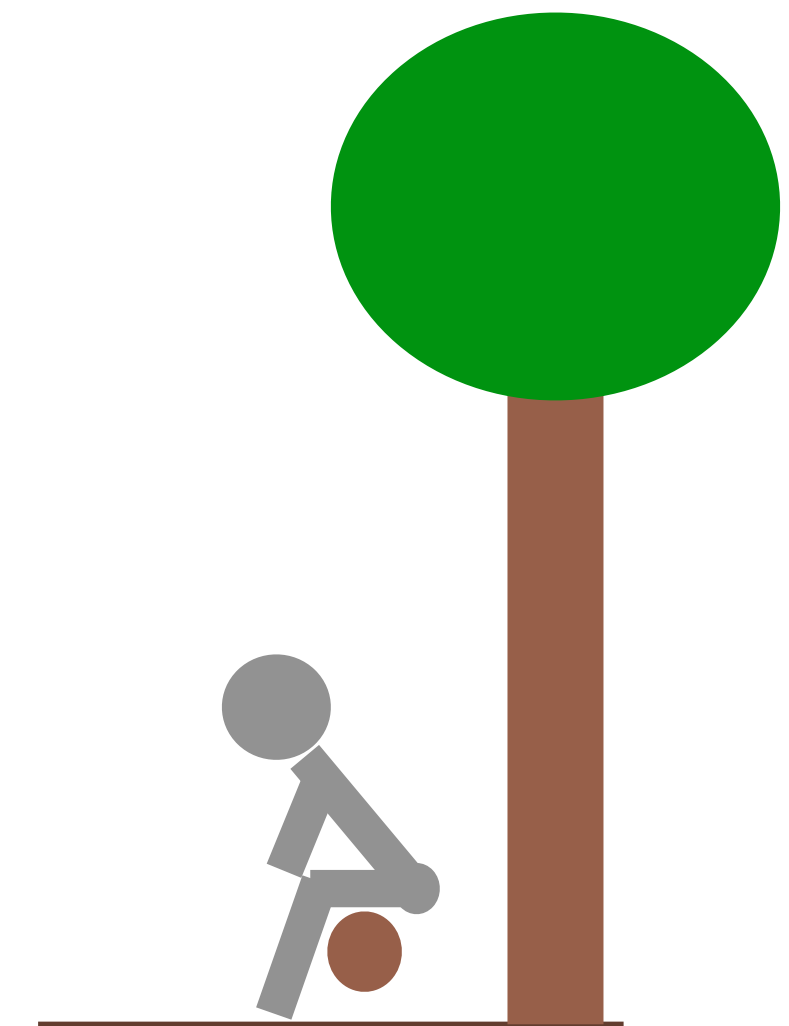
Consider if it is better to perch or lean rather than squat



Leaning against tree



Perching on a log

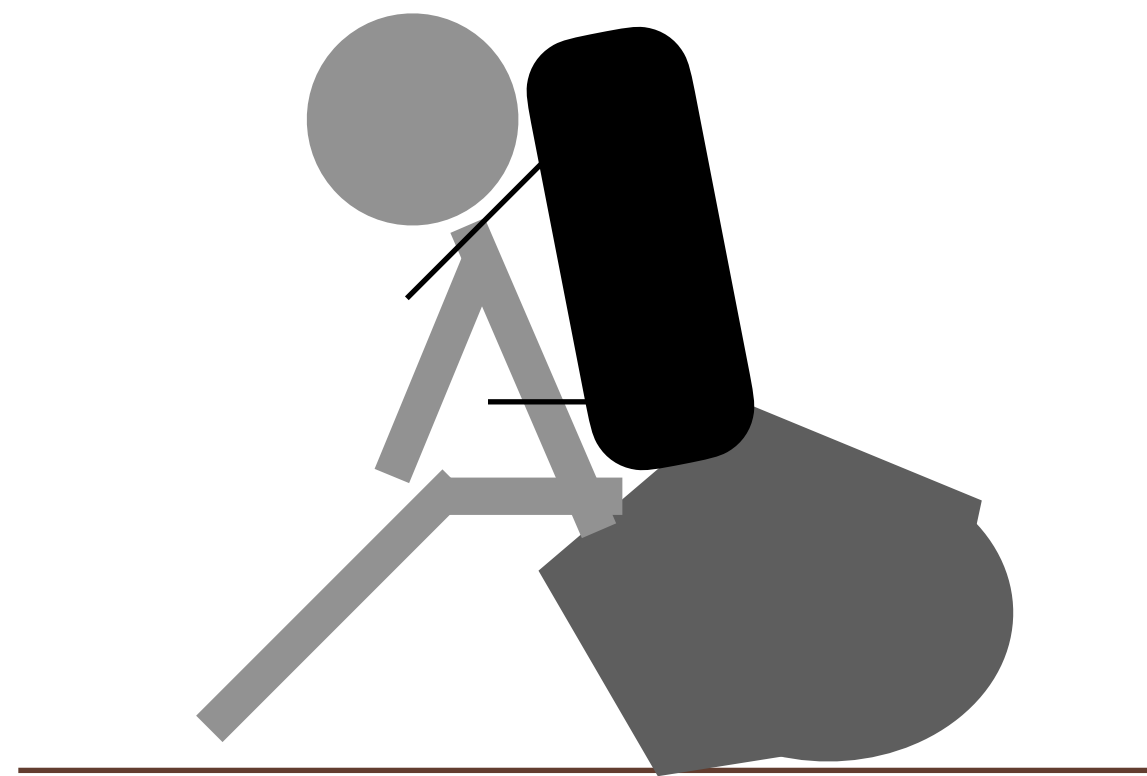


Sitting over a log

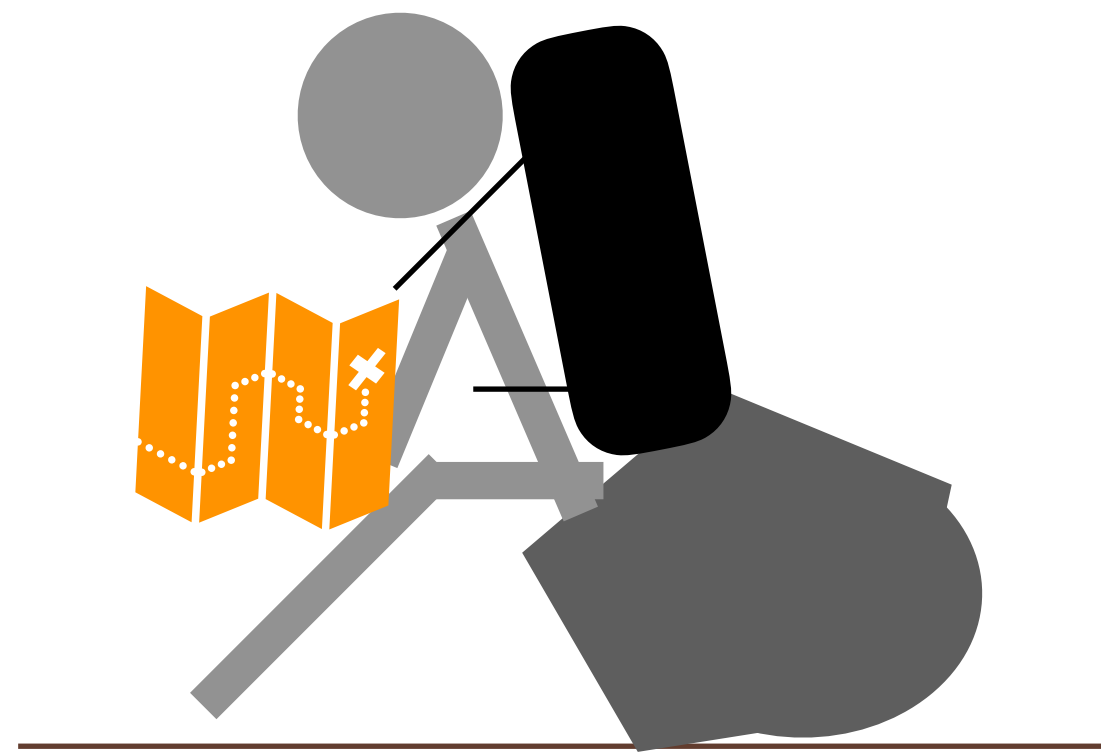
Wild Wees

On the Fells

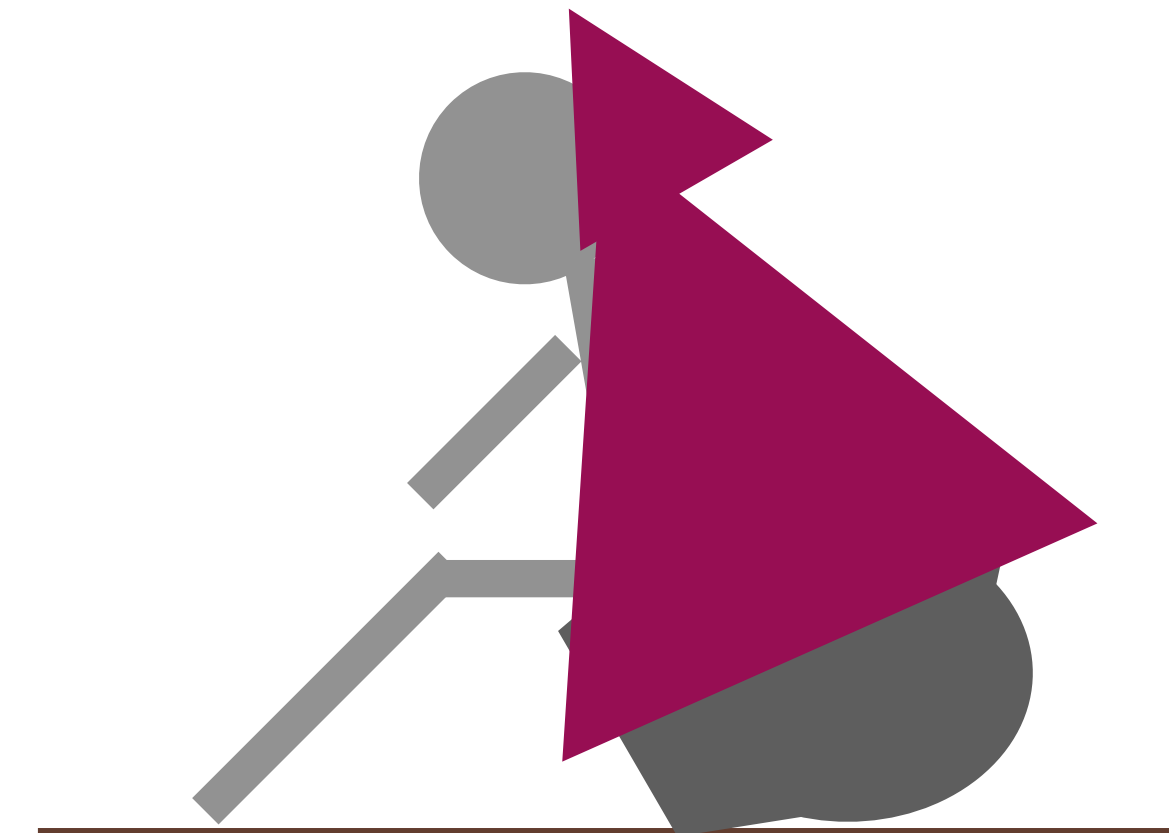
How to create your own shelter and privacy on open hillsides



Find a bolder, perch,
keep rucksack on
and look relaxed!



Use a map or coat
and look like you are
admiring the view!



Use unzipped jacket
or poncho to provide
shelter and privacy

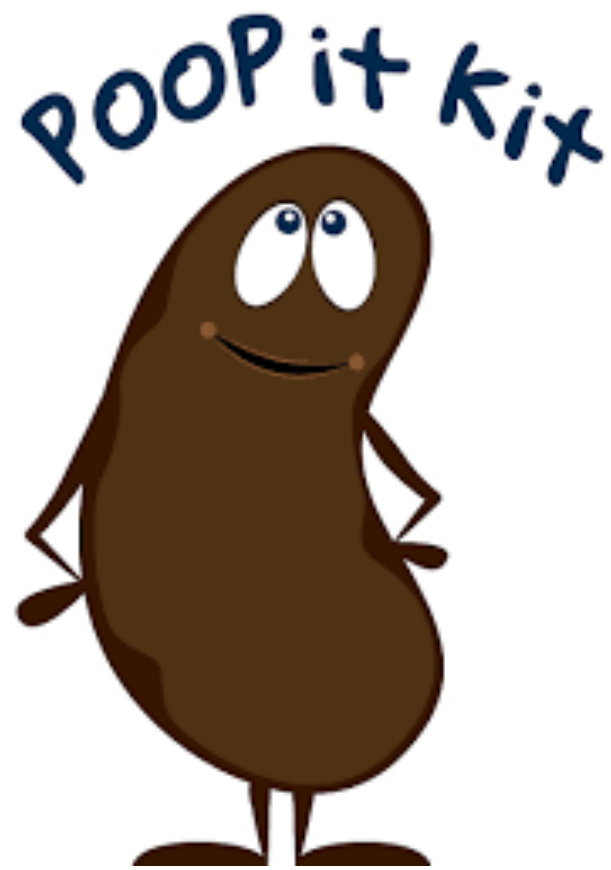
Excellent Excretion Expeditions



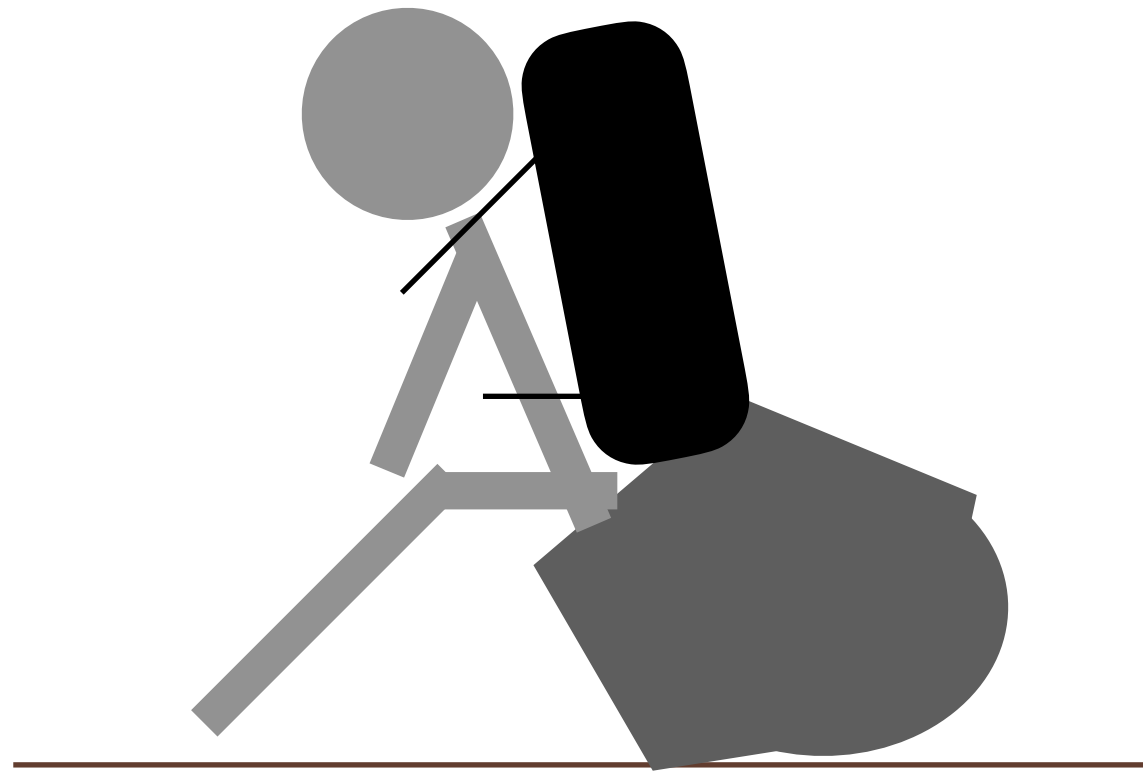
Excellent Excretion vs Dire Dumps

The challenges

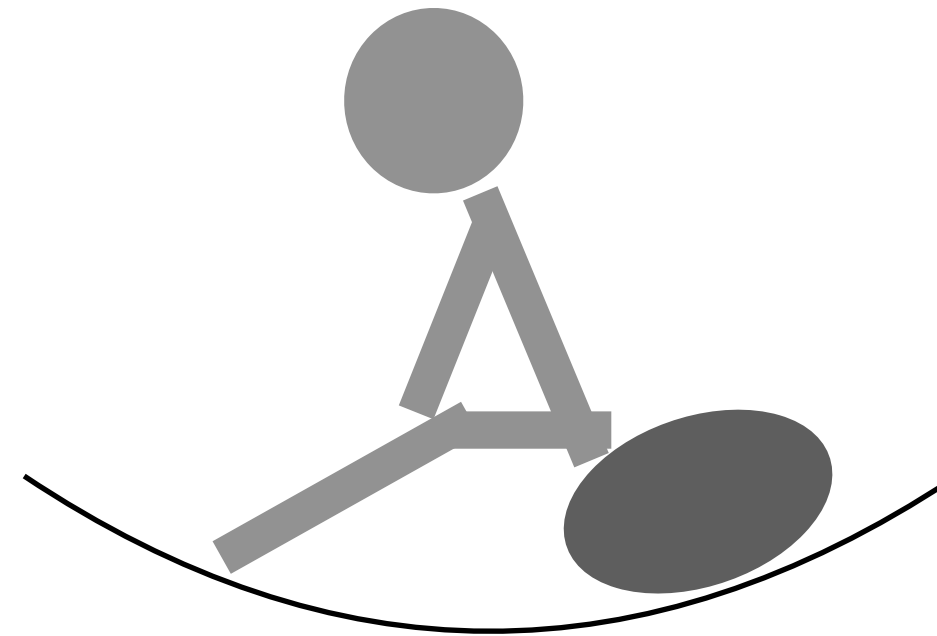
- Place, Privacy, Protection, Pollution Position, Pests, Pants
- Pollution Not leaving poo in busy places
- Keeping at least 50m from water courses
- Position achievable, comfortable, effective
- Paper paper, wipes, vegetation or nothing
- Packing Poo kit, bags, wipes, gel etc



Excellent Excretion vs Dire Dumps



If you perch for a poo- use only smaller out of the way rocks - NOT large boulders where people may shelter or stop to eat lunch



Best to use a dip in the land If not bagging - have a ready dug hole with turf removed (ideally 15cm deep) use small stone/log perch if you cannot squat



Also if use a tree you may not be able to dig a hole. Fallen logs are better

And have your bag with loo roll and poo bags etc easily to hand -

Health and hygiene

Outdoor toileting



Emergency poos

Even if you find yourself without your poo-kit in your rucksack the basic advice remains the same.

Find an area away from open water, watercourses, paths, summit areas and places where others might shelter. That includes in the lee of large boulders, behind buildings etc.

Look for a depression in the ground or a place that has sufficient soil to be easily dug out, with some nearby damp moss or other natural material to use as toilet paper. Further excavate the depression in the ground by scraping and kicking with your foot or use a stick or similar object. If deep soft moss is present, you can often create a good result simply by using your hands to lift it aside. Any loose stones can also be moved by hand to deepen the depression.

Now use the depression to do your poo. Damp moss makes the ideal substitute for toilet paper, indeed many find it even better than toilet paper. Place the used moss on top of the poo, which helps to start covering it up.

Cover the poo with the material you initially dug out of the depression. Add to this by kicking and scraping more material from around the depression to create a thick layer of organic material over the waste. Ideally use soil, moss, dead wet leaves, etc. Use whatever is available. This will make it odour proof and help it to decompose.

On top of this place stones or large branches so that dogs and other animals cannot get access and dig up the waste.

Where to go in the outdoors

Dealing with human waste in a hygienic and environmentally sensitive way is a vital outdoor skill.

And since most of us are brought up to use indoor, flushing toilets, it's a skill that has to be learned like any other.

So what do you do when you need the loo, and there aren't any facilities nearby?

First thing is do you need to pee or poo?

Urinating is fairly straightforward – don't pee near open water or burns and stay well away from your campsite, buildings or near any other shelter. The Scottish Outdoor Access Code suggests at least 30m away. Wash your hands with water or use hand sanitiser afterwards.

Disposing of solids is something that demands more thought and pre-planning.

It is best to use toilets before you head out if they are available. If it is a composting toilet, be sure to follow the instructions, otherwise it may not work properly. If you are hillwalking or wild camping there may not be sanitary facilities anywhere near, so it is essential to plan for this.

There are two options: dig a hole and bury it, or bag it and carry it out.

There isn't a mountaineering culture of bagging and binning poo in the UK and some may find this thought distasteful. However, with a little thought it is a simple and safe option and may be the best option where it looks difficult to dig a pit to bury it.

Burial method

- Pack in your rucksack a small, lightweight trowel, more toilet paper than you think you'll need, and some small waste disposal bags. Sealable or ziplock bags will ensure that distasteful accidents won't happen in your rucksack.
- Choose a spot at least 30m away from paths, open water, watercourses, buildings or any other type of shelter.
- Use your trowel to dig a small pit, 6 inches (15cm) or as deep as your hand, and wider than you might think.
- Poo in it
- Drop in the toilet paper, or alternatively bag your used toilet paper and bin it later. Never bury wet wipes or sanitary items – they should be bagged and carried out with you and binned.
- Fill in the hole with the excavated soil
- Wash your hands with water or use hand sanitiser.

It won't always be possible to bury your waste. You may find you are unable to get a good distance away from water and buildings, or that that the ground is not suitable for digging a pit. This is likely to be the case at higher altitudes where bagging and carrying out will be the best option. It's not a good idea to bury it in a small cairn of rocks for others to find later on.

Bag it and bin it

- Pack in your rucksack a small supply of biodegradable dog poo bags or food waste bags, a sealable plastic container to hold the used bag, or a second plastic bag to double wrap it.
- Poo into the bag
- Tie it up and put it in the plastic container and seal it, or double bag it.
- Carry it out and bin it
- Ensure that you bag and bin toilet paper and sanitary items too
- Disinfect the plastic container to reuse it. It is best to label this container and keep it only for this purpose.

It may be worth considering taking special outdoor poo packs or, if you are near to your vehicle, a portable toilet.

BMC -OutdoorHer | Toileting in the wild

Use public toilets

You may need to pay to use public toilets or pick up a snack or drink from a café to use them there. So, bring a little change in case you need it. There are lots of apps and websites

What to pack

- Toilet roll /Wipes / and/or pee cloth
- Bags to pack out used toilet roll, poos (if not burying), and period products
- Choice of period products – enough to last a normal day, plus a little bit extra in case you have any delays
- Small change for public toilets
- Hand sanitiser, wipes and/or extra water to rinse your hands.
- A small shovel /trowel
- Shelter, tarp or cycling type poncho

Going in the wild

if public toilets aren't available, you may need to go in the wild.

Choose your spot

To protect public health and reduce impact on the upland environment ensure you are at least 50 meters away from water or paths. Find a discreet location where you can take your time and won't be disturbed.

Option One: Take it all with you, leave no trace

You should always be prepared to carry out your waste as sometimes the ground is too hard to dig. This may be especially true around crags where the ground below is often rocky. Prepare to go by getting all you need out, including your waste bags, toilet roll and anything else you need. Think about how to best organise things, you may have one bag to pick up your waste and another to pack out period products. Toilet roll will also need to be packed out and you will need hand sanitiser or wipes to keep things clean after. Getting everything ready in a pocket might be especially useful if it is windy.

Option two: dig a hole

Carry a lightweight trowel to carefully cut a 15cm deep hole. Once you've been, bury your poo and replace the top turf. Put your toilet roll and period products away in a zip-lock/waste bag and carry them out with you.

Managing Menstruation Matters

Managing Menstruation

How to change sanitary items outside



PREPARE ALL YOUR ITEMS



CLEAN YOUR HANDS



LAY OUT A NAPPY/POO BAG NEXT TO YOU



CHANGE ITEMS & WRAP IN TOILET ROLL/TISSUE



DOUBLE BAG IN POO/NAPPY BAGS



STORE IN SIDE POCKET OR DEDICATED TUB IN BAG

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How to change a menstrual cup outside



PREPARE ALL YOUR ITEMS



CLEAN YOUR HANDS



CREATE HOLE IN THE GROUND AND POUR CONTENTS IN



AND/OR WASH AWAY WITH WATER IF POSSIBLE



CLEAN OUT CUP WITH PREBOILED WATER OR TISSUE



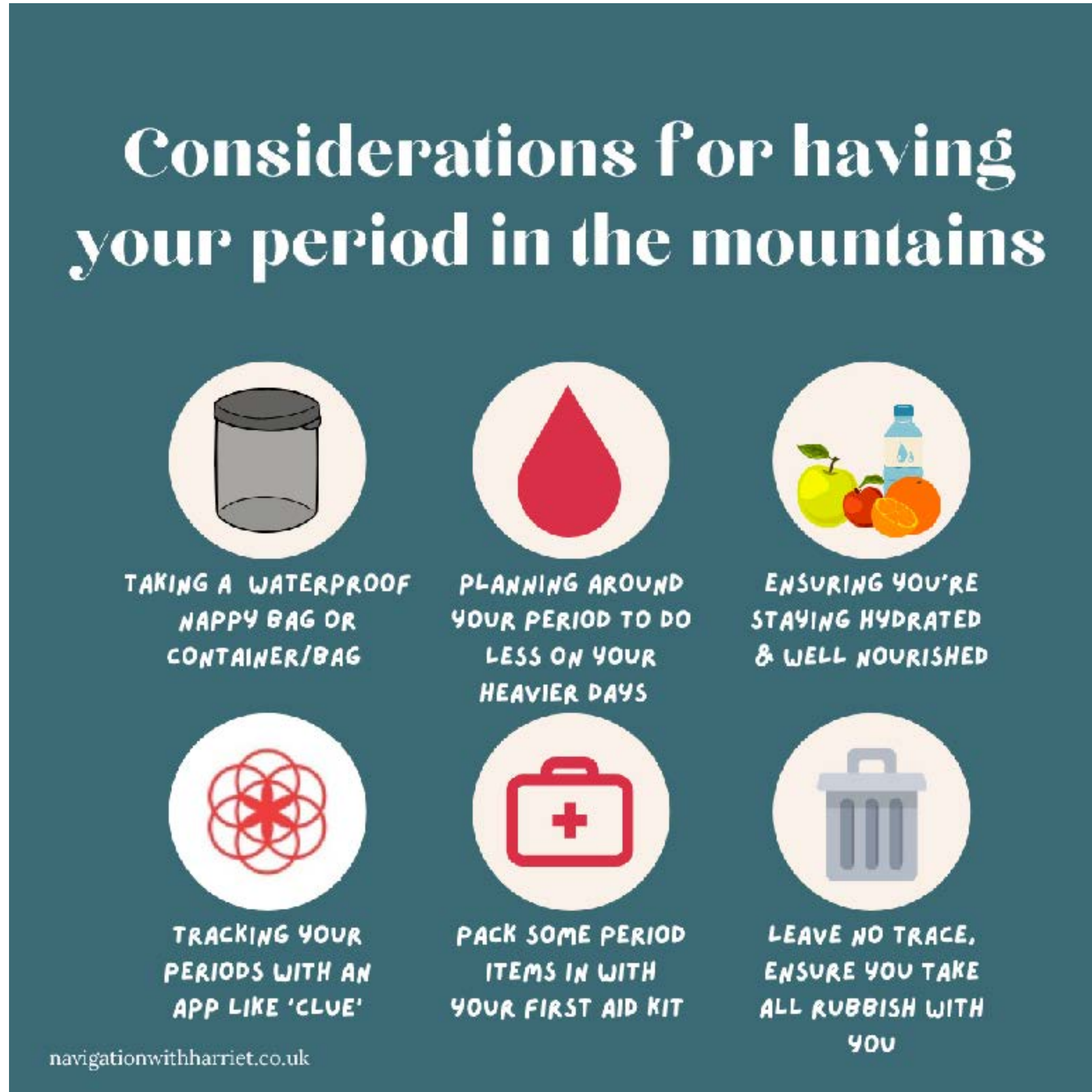
REINSERT AND CLEAN HANDS

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<https://www.navigationwithharriet.co.uk/post/how-to-deal-with-your-periods-outdoors>

Managing Menstruation

Considerations for having your period in the mountains



The infographic is set against a dark teal background. It features six circular icons arranged in two rows of three. Each icon is accompanied by a short, bolded text tip. The icons represent: a waterproof nappy bag, a red blood drop, a water bottle and fruit, a red atomic symbol, a first aid kit, and a trash bin.

- TAKING A WATERPROOF NAPPY BAG OR CONTAINER/BAG
- PLANNING AROUND YOUR PERIOD TO DO LESS ON YOUR HEAVIER DAYS
- ENSURING YOU'RE STAYING HYDRATED & WELL NOURISHED
- TRACKING YOUR PERIODS WITH AN APP LIKE 'CLUE'
- PACK SOME PERIOD ITEMS IN WITH YOUR FIRST AID KIT
- LEAVE NO TRACE, ENSURE YOU TAKE ALL RUBBISH WITH YOU

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What to take with you to deal with your period outdoors



The infographic is set against a bright red background. It features six circular icons arranged in two rows of three. Each icon is accompanied by a short, bolded text tip. The icons represent: a pink sanitary pad, a roll of toilet paper, a hand sanitizer bottle, a hand dropping a dark-colored poo bag, two pills, and an energy bar.

- SPARE SANITARY ITEMS
- TOILET ROLL OR WIPES
- HAND SANITISER
- DARK COLOURED POO OR NAPPY BAGS
- PAINKILLERS
- HIGH ENERGY FOOD

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<https://www.navigationwithharriet.co.uk/post/how-to-deal-with-your-periods-outdoors>

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[https://
www.navigationwithharriet.co.uk/
post/how-to-deal-with-your-
periods-outdoors](https://www.navigationwithharriet.co.uk/post/how-to-deal-with-your-periods-outdoors)

Free downloadable pdf at the end
of the blog

(NB - please respect the work that has gone into
this unfunded and always reference the author)

HOW TO DEAL WITH YOUR PERIOD OUTDOORS

What to pack to deal with periods outdoors
Whether it's for yourself or you're packing as a leader here's a list of things you can pack to be as prepared as possible. You can put these items in a dry bag or part of your first aid kit.

- SPARE SANITARY ITEMS**
Essential if you have the kit as part of your kit/sack/kit also useful, as many of the items are multi purpose in terms of first aid. If you're heading out to buy some examples: Some people and religions will prefer organic sanitary towels so this is a great option that everyone can use. Tampons go for medium flow & organic cause the harsh chemicals that irritate some dryness and are likely to cause dryness (organic cotton).
- TOILET ROLL OR WIPES**
Think environmental (biodegradable or environmentally friendly)
- HAND SANITISER**
- HIGH ENERGY FOOD**
Carbohydrates are important during this phase of the cycle as well as ensuring that you eat 30g of protein per meal & 30g of protein post exercise
- PAINKILLERS**
- DARK COLOURED POO OR HAPPY BAGS**

Find a suitable spot and feel free to take a friend as a look out

- ROCKS
- TREES
- DIPS IN THE LAND
- FLAT GROUND (OR DOWNHILL) UNDERNEATH YOU
- 100+ METRES AWAY FROM A RIVER OR WATER SOURCE
- HAVE EVERYTHING IN A NEAR POCKET ESPECIALLY IF WINDY

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How to change sanitary items outside

- PREPARE ALL YOUR ITEMS
- CLEAN YOUR HANDS
- TAKE OUT A SUPPLIED BAG NEXT TO YOU
- CHANGE ITEMS & WASH IN "DIRTY" HOT WATER
- DOUBLE BAG IN POO/HAPPY BAGS
- STOCK UP ON POO/DIRTY BAGS

How to change a menstrual cup outside

- PREPARE ALL YOUR ITEMS
- CLEAN YOUR HANDS
- CLEAN YOUR CUP WITH CLEAN WATER OR TEA TREE OIL
- WASH YOUR CUP WITH CLEAN WATER OR TEA TREE OIL
- WASH YOUR CUP WITH CLEAN WATER OR TEA TREE OIL
- WASH YOUR CUP WITH CLEAN WATER OR TEA TREE OIL

Considerations for having your period in the mountains

- TAKING A WATERPROOF NAPPY BAG OR CONTAINER/BAG**
If you're out for an extended period of time you want a place to put all your waste in one place. A sealed nappy bag or plastic container works well for this, and if it's see through you can always tape over it so you can't see inside. Nappy bags or 'wet bags' are also a great solution.
- PLANNING AND TRACKING YOUR PERIOD**
Tracking your periods (if they are regular) can be extremely helpful tool in planning harder and more physical days outside. Tracking apps such as Clue are great for this, as it's easy to use and they don't sell your data. By tracking you can plan around your period and do less on your heavier days.
- LEAVE NO TRACE & PROTECT THE ENVIRONMENT**
Leave no trace is fundamental in the outdoors, no one wants to stumble across used toilet paper. So please, ensure that you take all rubbish with you. When going to the bathroom, ensure you are 300m away from a river or water source & avoid rocky ground or hill tops as the soil is thin here and the phosphates in your waste impact the sensitive ecosystem. Sanitary items should be carried out with you, waste from menstrual cup should ideally be deposited into a hole in the ground & washed away with clean water. There are many options to taking out your waste: Taped up tupperware (an old one that you no longer use for food) Wet bags (used for nappies) - they have a 'wet' and 'dry' side Plastic container with screw lid works well for waste as a coffee tin in a pocket in the side of your rucksack Toilet roll counts as waste so take that with you too
- ENSURING YOU'RE STAYING HYDRATED & WELL NOURISHED**
Water and nutrition is incredibly important for period and hormone health. As is being hydrated and having the right nutrition especially outside for extended periods of time. Eating little and often works well for a lot of folks. Every persons body is different, Dr. Stacy Sims suggests that women perform better in a fuelled state so carbohydrates are really important as is protein. Each meal should aim to get 50g of protein per meal plus 30g of protein post exercise.

Other considerations

- PERIOD PANTS**
Period pants are a great solution and come in different levels of absorbency. There are lots of brands out there and they offer great protection and also help with any embarrassing leaks that can happen when out doing exercise.
- TIPS FOR LEADERS**
It's important to recognise that women, non-binary and trans folks do all get periods. People are always grateful when leaders address and educate the whole group and not single anyone out. Ensuring you have the kit as part of your leader's rucksack is also useful, as many of the items are multi purpose in terms of first aid. If you're heading out to buy some supplies: Some people and religions will and can only use sanitary towels so this is a great option that everyone can use. Tampons go for medium flow & organic cotton (no harsh chemicals that are hormone disruptors and less likely to cause dryness) sanitary towels (organic cotton). Remember to pack some toilet roll, hand sanitiser and waste bags and hand it all over in a pack to make it easy and more discreet.

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Managing Menstruation

<https://www.youtube.com/watch?v=MneNcwh96Pc>



<https://www.youtube.com/watch?v=LE0tcr5I0NA>



<https://www.thebmc.co.uk/bmc-and-mountain-training-launch-outdoorher-to-support-women-and-girls-outdoors#:~:text=BMC%20and%20Mountain%20Training%20have,participants%20to%20leaders%20and%20allies..>

Loads of Ps for leaders to remember!

To manage in the outdoors

- Pees
- Poos
- Periods

- **Place** - picking a good spot,
- **Privacy** - feeling safe
- **Position** - sitting comfortably

- Products
- Pollution
- Personal Hygiene

- **Preparation** - having the things you need
- **Packing out** - products you should not leave
- **Personal circumstances** : infections /Ostomy

Manufactured products

**Loo Paper,
Wet Wipes
Tampons,
Sanitary Pads,
Incontinence Pads,
Pant liners,
Ostomy bags
Nappies,**

Bag and Take Home to bin

Personal Hygiene

Allow time for people to get clean after a wee/poo or a change

Have water, hand gel and extra wipes/paper/bags in case needed

If using soap, biodegradable always best in outdoors

Talk about options for personal vs communal pack out bags.

Bag any Paper/wipes and Take Home to bin

Infections and Special Circumstances

Urinary tract infections (UTIs)

Urinary tract infections (UTIs) affect your urinary tract, including your bladder (cystitis), urethra (urethritis) or kidneys (kidney infection). UTIs may be treated with antibiotics, but they're not always needed.

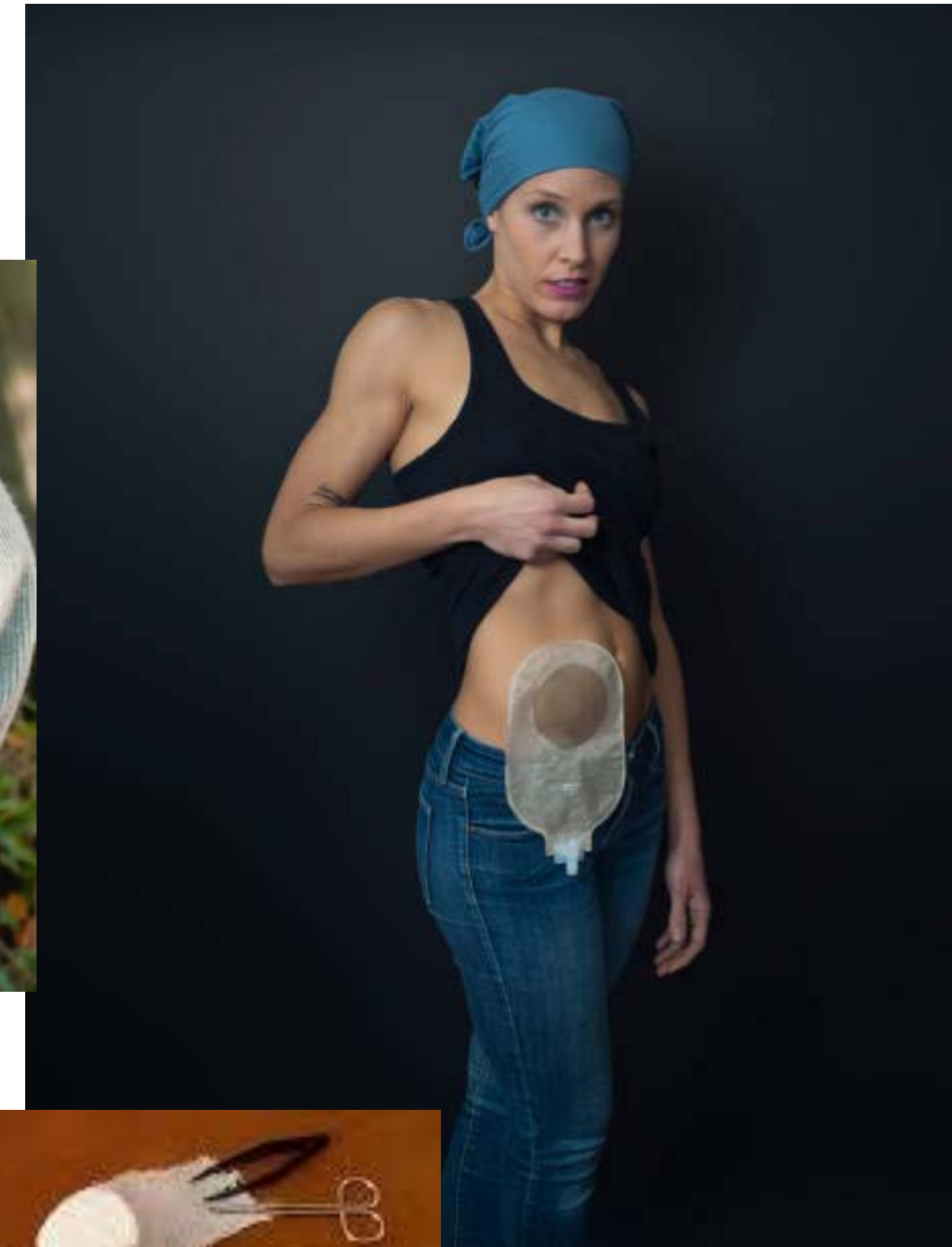
Check if it's a urinary tract infection (UTI)

Symptoms of a urinary tract infection (UTI) may include:

- pain or a burning sensation when peeing (dysuria)
- needing to pee more often than usual
- needing to pee more often than usual during the night (nocturia)
- needing to pee suddenly or more urgently than usual
- pee that looks cloudy
- blood in your pee
- lower tummy pain or pain in your back, just under the ribs
- a high temperature, or feeling hot and shivery
- a very low temperature below 36C

Your pee may also be dark or smell. If this is your only symptom, it might be because you've not been drinking enough water.

Ostomy Bags/Stoma



<https://www.nhs.uk/conditions/colostomy/living-with/#:~:text=A%20colostomy%20bag%20is%20used,to%203%20times%20a%20day.>

<https://www.bowelcanceruk.org.uk/news-and-blogs/this-is-bowel-cancer-blog/hiking-and-camping-with-a-stoma/>

<https://meplus.convatec.co.uk/activity/on-top-of-the-world-hill-walking-with-a-stoma-bag/>



Ostomy Bags/Stoma - Things to consider

- You might need to try a few different backpacks to find one that suits you and your stoma. Some people like to use a stoma guard
- If you know you're going to be outdoors all day without a toilet nearby, try and avoid foods that might cause increased output or excessive air to reduce how much you need to empty your bag
- Focus on eating high energy, low fibre foods (eg. smooth nut butter, cheese, white bread, bananas, porridge, oat cakes). Avoid foods that may cause an obstruction if you know you're going to be in a remote area where medical help is not easily accessible
- Make sure you carry plenty of fluids (more than you think) – it's important to stay hydrated especially for those with an ileostomy. You can also drink rehydration sachets and sports drinks to help stay hydrated
- For emptying your bag, make sure you invest in a good trowel. Keep everything you need in a dry bag at the top of your rucksack. This bag can contain your trowel, toilet roll, black bags, wet wipes and hand sanitiser
- Avoid stony, rooty ground and try to find soft, sandy soil. If you're in a heathery area, look for peaty ground which will be much easier to dig. Stay well away from water sources and bothies
- Use your trowel to dig a hole – make sure the hole is six inches deep. Kneel next to the hole and empty your bag into it before covering with soil. One bonus of having a stoma is you don't need to get your bum out so it won't be obvious what you're doing!
- If you can't find a suitable area to dig a hole, you can simply empty into a disposal bag, double bag it, and dispose later
- Make sure you always carry supplies for a bag change, even if you're only out for the day. Keep your supplies in a dry bag to protect them from getting wet
- If you're on a multiday hike and need to change your bag, remove all the items you need from their packaging and lay them in front of you on the floor of your tent. Secure your clothing out of the way with a peg or hair bobble. Make sure you double bag any waste products to dispose of later

**Where does being able
to Wee and Poo fit ?**

**And if not dealt with
what else will it
therefore affect?**

Maslow



And a reminder

-

We all need to do 'it'

-

Leaders can help teach how to do it

-

Individuals dont all do 'it' the same

-

No-one should feel embarrassment or shame