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WHAT ABOUT PERSONAL HYGIENE FOR WOMEN IN THE OUTDOORS?

Playing in the outdoors presents a few personal hygiene challenges for women. Because of limited privacy (especially if in desert conditions where trees and bushes are few and far between), there are a few feminine issues that come up. We'd like to answer the ones most commonly asked. If you have additional concerns, please call us.

Most of our river trips have female guides on them, so it is easy to ask questions. Our male guides have been thoroughly educated about menstrual cycles and urination differences, so if you are comfortable speaking with them, they are comfortable addressing your concerns. Sometimes, though, they need to be reminded that you may need more "stops" than they might have anticipated.

We carry portable toilets that are set up out of sight at the edge of camp each evening and taken down just before departure in the morning. An "occupied" indicator will insure your privacy. Because of space limitations, handling and weight considerations, we ask that the porta-potties be used for feces (defecation) only. If you need the porta-potty during the day, ask your guides to set it up – it is always available. Urination is encouraged and acceptable in the wet sand next to the river or in the river itself. The high water flows offer continual cleansing and sanitizing of the river and beach areas. This is our environmentally friendly way to protect the fragility of the environment while dealing with our human waste.

If you are expecting your period during the trip, we suggest that you pack a small amount of toilet paper, a few small Ziploc bags and your napkins/tampons into one large Ziploc bag. Put a day's supply including an extra Ziploc bag, into your day-bag or in one of the watertight boxes (ammo can) that is available during the trip. During the day when you change a napkin/tampon, place the used one in the extra Ziploc bag, which you can dispose of by (not in) the porta-potty when it is set up at camp that night. There is always toilet paper with the porta-potty, so you can restock your t.p. in your Ziploc bag. This Ziploc trick works well too if you wish to wipe after each urination. Feel free to ask any of your guides for assistance, we carry extra feminine supplies on each trip as well as zip locks and plenty of toilet paper.

A helpful hint from past guests—wearing a comfy, casual skirt or wrap-around sarong makes urination much easier because you don't have to pull down your pants. You can wear it over your swimsuit during the day and/or rap it around you in the evening. Frequent stops for urination are common and locations are selected to maximize privacy.

If you have any questions, please call our office and speak to any of us. Some of us work indoors, but all of us spend our free time in the outdoors.

Female Employees

Michelle, Betsy, Neely, Kate, Sandy, Mary, Laura
Shelby, Erin, Kelsi, Lara, Kim