

THE 3 'P'S - WEEING (AND MORE) IN THE WILD

Using the toilet outside can feel tricky and embarrassing, but when nature calls, we all have to answer it. Here are some top tips for how to keep yourself clean and comfortable whilst respecting the environment:

WILD WEE 101

1 Find shelter and take position



- Tell your trip leader where you are going.
- Find a sheltered place, off the public path but as close to the group as possible.
- If you sit to wee, you will need to squat.
- Move your clothing out of the way and aim downhill.

2 Think about how you would like to wipe



- On short trips, a simple shake may be fine.
- You can use a leaf (pick wisely, no nettles!)
- Pack tissues or wet wipes, but make sure to bring them home with you.

3 Need a poo?



- Don't panic, it happens!
- Get to a place where you can take your time.
- Consider taking a trowel for overnight stays.
- Dig a small hole if you can, away from a water source and cover back up again.

MANAGING YOUR PERIOD

1 Build a period pack



Pack a small container with the essentials:

- Pads/tampons
- Tissues
- Hand sanitiser
- Wet wipes
- Sanitary bags
- Spare underwear

2 Know your cycle - and your needs



- Track your periods to mentally prepare for your trip.
- Pack painkillers and heat packs.
- Wear comfortable underwear.
- Bring a little comfort food and plenty of nourishment, such as fruit and water,.

3 Have an honest conversation



Talk to your friends to share tips and experience. Most importantly, be respectful towards others. Nobody should feel embarrassed about their bodies.

THE 'BOTTOM' LINE



Prepare

Bring what you need to help you feel comfortable. Tissues, hand sanitiser, wipes to keep you clean in the wild. If you menstruate, bring your period pack on every trip, just in case! Keep a sealed compartment or tub to carry waste.



Don't be afraid to ask for help

Pee, poo, period - it's all natural! If you are worried about being interrupted, need advice, or have to walk far from the group, ask for someone you're comfortable with to come with you. They can guard the area from a closer distance.



Take your rubbish home

Be sure to leave no trace. Bring sandwich bags or sanitary bags with you to store your dirty tissues and wipes. Take this home with you to dispose of after your trip.

The 3Ps – Weeing (and more) in the wild – Pee, Poo, Period

Our guide is here to equip young adventurers with the know-how to stay comfortable and prepared while exploring the great outdoors.

When you're out for the day, handling bathroom breaks and personal hygiene is essential. We've compiled everything you need to know, from the best practices to the not-so-ideal-but-sometimes-necessary solutions.

We've made a handy guide introducing Leave No Trace concepts when it comes to outdoor toilet habits, to help people to feel confident spending time on Dartmoor, and to have outdoor experiences are both enjoyable and environmentally responsible.

PLANNING AHEAD

Of course, it's best to avoid going to the loo in the wild whenever possible. Before your group heads for the hills, use nearby public toilets if available. Keep in mind that some public facilities may require payment or purchase, such as picking up a snack or drink from a nearby café. It's wise to carry some spare change just in case.

If you're anxious or embarrassed about the concept. Talk to your walk leader and friends about what to do before the need arises. Everybody will be in a similar boat and getting the subject out in the open will make it easier to deal with.

WILD WEE 101

First things first: communication is key. Tell your trip leader where you are heading. If you have to wander a bit further away, bring a buddy to guard the area.

Next, scout out a secluded spot away from public paths to ensure privacy. If opting for a seated position, consider squatting for comfort and efficiency, and remember to adjust your clothing to avoid any unwanted mishaps.

Think ahead about your preferred method of wiping. When it comes to cleanup, on shorter excursions, a simple shake may suffice, but for longer adventures, packing tissues or wet wipes is a must—just remember to take them home with you or throw away when you reach a bin. This is one of the many ways a tub or sealable pack can be handy. For a more sustainable option, consider bringing along a reusable cloth to wash at home.

ISSUE NUMBER 2

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