

Outdoor adventures typically cause a change or increase in one's physical activity level and may alter a person's menstrual cycle. We understand that feminine care may be a concern and we have several suggestions to help manage any needs on the trip. While these are helpful tips, please keep in mind that at the end of the day, you know your body the best.

To be adequately prepared, please pack the following:

- For weekend trips, bring enough tampons, pads, panty liners, or diva cup to cover the days you will be spending in the wilderness, plus a few extra just in case.
- For longer trips, twice the number of tampons, pads, panty liners, or diva cup you normally use during a cycle. Since you are going to be out in the wilderness for a long period of time, plan to bring enough for 2 cycles
- 4 to 5 large zip-lock plastic bags (freezer grade quality)
- An opaque carrying bag or water bottle that you can use to store the zip lock bags containing used products until you can dispose of them. Suggestions:
 - Place duct tape around the zip-lock bags.
 - Bring a small zippered cosmetics case.
 - Dryer sheets or Baking soda can help eliminate odors
- 1-2 packs of feminine or baby wipes
- 1-2 travel sized bottles of instant hand sanitizer.
- 1-2 extra bandanas (useful for keeping dry when not menstruating)
- If you are on birth control, remember to pack the necessary items to cover your trip.

We practice Leave No Trace camping techniques, therefore, we pack out all that we pack in. This means that you will be expected to store all used products until you reach the front country for disposal.

We also recommend that if you use tampons exclusively, you should bring panty liners as well.

Staying healthy in the backcountry is a very empowering experience for everyone. That being said, Patty and Jaime are very experienced in helping solve feminine care concerns. They are open to questions if you need any help or guidance on how to deal with a challenge during your time with P-CREW.