

### General Hygiene

Maintaining health and well-being in the wilderness is important, and outdoor hygiene is taught on every course. Whether you are sailing, backpacking, climbing, kayaking, or canoeing, you will be outside for the whole time, and you won't have access to a shower or bath.

You will, however, be able to do basic cleanup every day: for example - wash your hands (several times a day), brush your teeth, wash your face, and comb your hair. On some courses, you will swim every day. On courses where that isn't possible, we swim as often as possible! At the end of your course, before you head home, you will be able to do a more thorough cleanup in a shower (or other fresh water source) at the base camp.

Since Hurricane Island Outward Bound School is an outdoor program, while you are on course you can expect to learn and use [Recreate Responsibly](#) techniques. Your instructors will answer your questions and will teach you the hygienic and environmentally safe way to dispose of waste as well as techniques for basic cleanliness - don't hesitate to approach them with any questions or concerns at any time. If you haven't lived and traveled in the wilderness before, it is natural to have questions regarding sanitation in an outdoor setting. Your Course Advisor is happy to answer any questions you have about going to the bathroom and other questions about hygiene, so don't hesitate to reach out to them.

You will notice that on your packing list we do not recommend you bring any aerosol sprays, deodorant, shampoo, and many other products that you may use to at home. The hygiene supplies you take on expedition are as simple, light and effective as possible. You can, however, pack your regular toiletry kit for the end of course so you can use it before the return trip home.

### Hair & Skin Care

Since you won't have access to your typical care products we have some recommendations for managing hair and skin while on course:

- Plan ahead for your course and perhaps choose a lower maintenance hair style (i.e. braids) when applicable.
- Think about bringing a swim cap that will fit all your hair for swimming.
- If you normally use a sleep bonnet, that is something you can bring for use on course.
- If you normally use hair oil, you can bring a scentless product on course.
- If you need to bring lotion, that is also an option, we will just ask that it be scentless and the thicker the better (less chance of spilling/exploding in your pack).

Most importantly, if you don't see something on the packing list that feels like a need for your self-care, bring the item/product and you will have the chance to discuss whether it is appropriate to bring on expedition with your instructors.

### Menstruation

While you are out on your Outward Bound course, you are likely to experience a change or increase in your physical activity level. This may alter your menstrual cycle, and it is normal if it does so. We understand that you may have questions about how to take care of your menstrual needs while on course, and we have several suggestions to help you plan...

To be adequately prepared, please bring the following:

- Twice the number of tampons, pads, or panty liners you normally use during your cycle.
- If you use a menstrual cup, please be sure to also bring a backup method.
- 1 travel pack of feminine or baby wipes.
- 1 travel size bottle of instant hand sanitizer or antibacterial soap that does not require water.
- Extra bandanna (this is useful for keeping dry when not menstruating).

As we mentioned in the section above, we practice [Recreate Responsibly](#) techniques and pack out all that we pack in. At course start, all students get a tough, dark-colored, zip-lock plastic bag for "personal" trash. This is where you will put all your used menstrual supplies. You will be able to throw your personal trash out at each resupply and get a new bag. Resupplies happen every five to eight days.

You may also want to bring an extra pair or two of underwear above what we suggest on your packing list. We also recommend that, even if you typically use tampons exclusively, you bring some panty-liners/pads as well.

### Bathroom/Shower/Sleep Spaces

All bathroom and shower spaces at our bases are not gendered. They all have individual toilets and shower stalls.

Sleeping arrangements are based on each student's gender identity. These spaces can be a variety of options: small group tents, individual tarps, or full group tarps.

### Privacy

- Privacy on course is minimal.
- All students will be asked to swim on course, so swim attire that you are comfortable wearing in front of others is important.
- A lightweight sarong (it's on your packing list) is really helpful for changing and privacy. Try practicing at home!



## **Transgender / Gender Non-Conforming / Non-Binary**

- Binding and tucking can be safely practiced on expedition, however the heat and level of exercise combined with lack of regular showers can make tucking and binding uncomfortable. So, you should have a backup plan in case this becomes too uncomfortable. For example: bring an older or stretched out binder or underwear made for tucking AND bring a backup of sports bras or compression underwear.
- Medications like injectable hormones or hormone blockers, patches, or topical compound gels/creams can be accommodated on course. However, you must be able to self-administer (ex. Injections). We also request that you provide your own sharps container if using injectable medication (this can be something like a small Nalgene bottle). Please make sure to talk to your course advisor about what medications you are bringing!
- Any information you disclose to your course advisor during the admissions process will be shared with your instructor team only, no one else. Students on course are not given any personal information about the others on the course. It will be your decision about how much you share with others during the course.