

Menstruating in the mountains

What products can I use?

Any products are suitable if you can use and dispose of them safely.

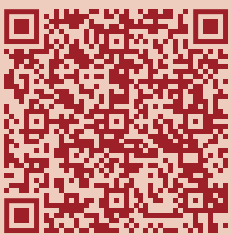
Pads and tampons are great options that are both easy to use and transport and should be stored in a waterproof bag to keep them dry.

Menstrual cups are a great option for managing your period on a longer trip. They are reusable, meaning you have to take fewer products with you. Blood must be buried in a hole at least 50m away from water and at least 15cm deep like when you go for a poo outdoors.

It's always best to use products that you are comfortable and familiar with, particularly on longer trips where you have less access to facilities.

How can I dispose of period products?

Used products should be carried out with you, and never buried. If you are using disposable products, it is a good idea to bring a dedicated bag with you, for example a sandwich or dog poo bag, which can hold your waste and be put in a bin later.



This project was created by the Cairngorms Connect Cohort, the next generation working towards Cairngorms Connect's 200-year vision.

How can I be sustainable on my period?

Reusable products such as menstrual cups or period underwear are good sustainable options as they limit single-use plastics and waste.

What can I do if I'm going on a multi-day trip?

Preparing for the outdoors is always important – period health included. Make sure that you bring enough products with you to last the duration of the trip plus some spares (just in case). You may also want to bring extra sanitary wipes, high calorie food and painkillers.