

Hygiene & tips for going to the toilet, outdoors.

- Identify a general toilet area, tell people your going (to avoid any embarrassment) and consider carrying a gel antiseptic hand cleanser.
- Defecate at least 50 meters from paths, 200 meters from any huts and bothies. (when in Scotland) and at least 30m from streams.
- Dig a hole at least 15cms (6ins) deep, do what you need to do and then fill the hole back in, marking it with a vertical stick.
- If you can't dig a hole, spread your waste out thinly (not a pleasant task, we know) and cover with soil or leaf mould to help it decompose faster.
- Squashing excrement with a boulder is far from ideal - this slows the decomposition.
- Our preferred method - Find a flat reasonable sized rock (which you can lift easily), aim and do what you need to do on the rock, carry down to the tidal area and throw out to sea. The action of the sea breaks it all up and has a smaller impact. Make sure it is a rock and not a piece of floating wood!
- Urine is less harmful than 'numbers two's' but it smells unpleasant. Pee out in the open and avoid caves and sheltered areas. If you use toilet paper, use sparingly and put in a plastic bag to take out with you.
- Never miss an opportunity to use a proper toilet. Consider using biodegradable toilet paper (saves having to burn it), or better still moss (it's quite pleasant and works well).
- For the girls. Use a secure container, such as a self-seal bag (inside a hard plastic container), to carry out tampons and sanitary towels as they take a long time to decompose, even when buried. Apparently putting a used tea bag in can help with the odor. Another option is to consider using a moon cup www.mooncup.co.uk which are available in Boots.
- Consider using a flannel to keep your self clean and /or wet wipes (again these need to be taken with you and disposed off)
- Do not leave food scraps behind, these attract scavenging animals. What we bring in we take out and aim to leave the place tidier than we found it!