

Hillbrook Outdoor Education

Periods & being outdoors

Outdoor Education (OE) at Hillbrook is made of many fun and exciting activities including camping, hiking, canoeing, climbing and swimming. While it might seem daunting at first, with careful planning, you can participate in all these activities even if you have your period. Please remember: OE is a significant and mandatory aspect of school life here at Hillbrook and having your period shouldn't be an excuse for not attending.

Preparation

Always come to Camp & Activity Days prepared. Sometimes periods can be unpredictable so bring along the following (you just might be able to help out a friend that needs you too):

- Spare sanitary products: Pads, tampons, cups or period underwear and swimwear
- Spare toilet paper to wrap up sanitary products.
- Snap lock bags/nappy bags: for storage and disposing of sanitary products.
- Baby wipes for hygiene
- Hand sanitiser
- Spare underwear
- Spare dark coloured shorts
- Plastic bag for period underwear and swimwear

Hygiene

Hygiene is vitally important and easy to achieve whilst in the outdoors. Some things that will assist in this are:

- Changing sanitary products regularly (every 3-4 hours).
- Always wash and sanitise your hands before and after toileting.

Water Activities

During water activities you may choose to use tampons. If you choose to use pads you will need to change them regularly. It is also recommended that you wear dark shorts in case any accidents happen. Period undies or swimwear are absorbent and are a great option.

Medications

If you require medication for period pain, please make sure this is detailed on your medical records. Any medication must come with a medication form. If you have period pain and do not have medication, please check in with staff who can help you.

Environment

All used sanitary products must be disposed of correctly. Ensure that:

- Sanitary products are put in rubbish bins and not flushed down the toilet or placed in composting/pit/bush toilets.
- That all wrappers and stickers are put in the bin
- If there are no bins available, sanitary products should be wrapped in toilet paper, sealed in a snap lock bag and carried out to the next available bin.

Year 7 & 8 Camps & Activity Days will always have a female staff member, toilets and bins available.

If you ever have any concerns, please check in with a teacher or send us an email: outdooreducation@hillbrook.qld.edu.au