



CHEWONKI

HAVING YOUR PERIOD AT CHEWONKI

At Chewonki:

While you are camping here at Chewonki Neck there is no need to worry about having your period. With Privies (or as some call them, Outhouses) at or near every campsite, it is just like using your bathroom at school. There is even a bin to dispose of your feminine hygiene products.



**Just make sure you don't throw or drop anything down the toilet! All of the human waste at the end of your trip actually gets composted and turned back into soil!*

Outside Chewonki:

If you are on a trip camping off of Chewonki Neck there might not be any Privies or bins to dispose of those feminine hygiene products. Many remote places are “pack in, pack out” so here are some tips for what to pack if you are on your period:

Packing for Your Period

You will need to pack one opaque plastic-lined cosmetic bag containing feminine hygiene products and if you want, wet wipes for cleanliness. Wet wipes are not a necessity and if you go this route do not go overboard as it can cause dryness and irritation. Chewonki will provide sealable plastic bags and brown paper bags to line them with (for discretion). A bag will be provided for each day. Even if you think you wont have your period it's always good to be prepared and have the supplies just in case!



Changing and Disposing

If you need to change your pad or tampon at the campsite, first wash your hands at the campsite's hand washing station, then grab your bag of supplies along with the community “Toilet Kit,” which contains toilet paper and hand sanitizer. After making a change at your campsite's designated private bathroom area, place used products and packaging in one of your brown-bag-lined plastic disposal bags, store the disposal bag in your pack, and then wash your hands again. Throw the disposal bags away when you are near a trash barrel or when your group is disposing of trash.





WELCOME TO A LONG LINE OF BRAVE OUTDOORSWOMEN- WE HAVE BEEN GOING TO THE BATHROOM
IN THE WOODS FOR CENTURIES!



Sacagawea- The 16 year old daughter of a Shoshone Chief, accompanied Lewis and Clark on the Corps of Discovery Expedition as an interpreter. With her baby son on her back she guided Lewis and Clark and all of their men from Missouri to the Pacific Ocean and back.



Cornilia Crosby- In 1897 was the very first official Maine Guide. Known to her friends as “Fly Rod Crosby” cause she could catch 200 trout in one day! She had her own newspaper column “Fly Rod’s Notebook,” and arranged an elaborate hunting display at the First Annual Sportsmen’s Show in New York, starring herself, rifle in hand and wearing a daring, knee-length doeskin skirt. She helped attract thousands of would-be outdoorsmen and women to the woods and streams of Maine.



Mina Hubbard- In 1905 was the first white woman to complete this 576 mile canoe journey through a relatively unexplored region of central Labrador.



Georgie White- In 1951 formed a company “Georgie’s Royal River Rats” and guided trips down the Colorado River on a 14 passenger raft she made out of military surplus pontoons. The Whitewater community considers her a pioneer in the industry, and her name is still well known today.



Ann Bancroft- Is one of the world’s preeminent polar explorers and an internationally recognized leader who is dedicated to inspiring woman and girls around the world to unleash the power of their dreams. In 1986 rode a dogsled 1,000 miles from the NW Territories in Canada to the North Pole. She is the first woman in history to cross the ice to the North Pole. In 1992 led the first women’s east to west crossing of Greenland. And in 1993 led a 67 day 660 mile expedition on skis to the South Pole. Finally in 2001 with another polar explorer Liv Arnesen sailed and skied across Antarctica’s land mass completing a 94 day 1,717 mile trek.



Teresa Baker- Founded the South African American National Park Event to bridge the culture gaps between African American communities across the country and our national parks. She is making the outdoors accessible to more diverse populations and inspiring youth to become the next generation of stewards for the environment.

And Many More!