



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.



Please deposit all feminine hygiene products in the container provided.

**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.



