

# Menstrual Cycle

## *What products we recommend?*

Due to the remote nature of Expedition, you will not always have access to running water or hand-washing facilities when you need to change sanitary products. Because of this, we recommend only using **single-use sanitary pads**.

Using products that are inserted can increase the risk of infection as you are unable to maintain the same level of hygiene you would normally have at home. Should you choose to use tampons, please ensure that you bring sanitiser to clean your hands before and after changing. This will help reduce the risk of infection.

We do not recommend using menstrual cups (moon cups), as it is unlikely you will be able to clean and sterilise them properly on Expedition.

## *What else to pack in addition to your packing guide?*

Please ensure you bring enough single-use pads to last for the full duration of your Expedition. We also recommend packing **extra wet wipes**, in addition to the amount listed on the standard packing guide, to help with personal hygiene when facilities are limited.

It is important to bring an initial **zip lock bags** that then goes into **opaque disposable bags** so that used products can be stored discreetly and hygienically until you can throw it away.

Being prepared in this way will help you stay comfortable, healthy, and confident throughout your Expedition experience.

