

# Health & Hygiene in the Backcountry

A Head to Toe Review

# Objectives

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- What does it mean to be “hygienic”?
- Know what needs to stay clean
- How to stay clean
- What to bring
- How to practice Leave No Trace (LNT)

# What does it mean to be hygienic?

- Being “clean” is a subjective term.
- Hygienic is conducive to maintaining health and preventing disease, especially by being clean; sanitary.
- Mud, Sweat, and Bits of Grime doesn't mean that they are unhygienic.



# What needs to stay clean?

- Water Clean (purified)
- #2 Cleanliness (“Go Bag”)
- Hands (hand sanitizer)
- Brush Teeth (even without paste)
- Dishes (attracts bugs, mice, etc)



# How to stay clean from Top to Bottom

## TOP

- Head & Hair
- Body & Arm Pits
- Hands

## BOTTOM

- “Bathing Suit” Areas
- Feet

# TOP

- Head & Hair
- Body & Arm Pits
- Hands

## HEAD & HAIR

- Short Distance: Embrace it.
  - Hat, braid, bun
- Long Distance: LNT wash Rules
  - [Face wipes](#) & [Eco-Friendly Soaps](#)

## BODY & ARM PITS

- Short Distance: Embrace it.
- Long Distance:
  - [Body wipes](#) & [Eco-Friendly Soaps](#)
  - Proper clothing - Sweat -> Bacteria -> Smelling
    - Moisture wicking outer and underwear

*\*\* Deodorants are a smellable which can attract bugs and animals*

## HANDS

- **ALWAYS:** Sanitize **BEFORE** cooking or eating meals & **AFTER** going to the bathroom
  - Hand Sanitizer
  - [Soap Leaves](#)

# BOTTOM

- “Bathing Suit” Areas
- Feet

## “BATHING SUIT” AREAS

- Moisture wicking fabrics: underwear and sports bras
  - Quick to clean and dry
  - Routinely switch underwear
- Dedicated squeezable water bottle
- [Chafing](#)

*\*\* Some may not want to clean these areas, but just like dealing with hot spots - it's better to deal with it before it gets bad.*

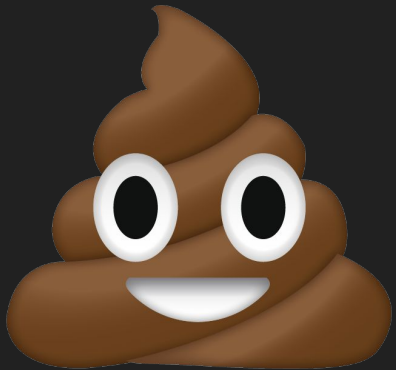
*\*\* No Cotton*

## FEET

- Change into clean, dry clothes when you get to camp or at the latest before going to bed
  - Not changing socks can lead to trench foot
- Avoid Cotton
- Rubbing Alcohol between toes

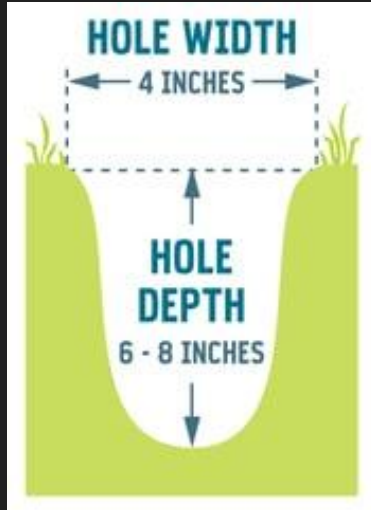


# Poop & Pee



# POOP & PEE

- Plan Ahead
- Leave No Trace
- Tools



## PLAN AHEAD

- High elevation, sensitive areas, high traffic areas may require you to use a [WAG Bag \(Waste Alleviation Gelling\)](#).

## LEAVE NO TRACE:

- 200 Feet (70 steps) from Trail and Water
- 200 Feet (70 steps) from Camp and Kitchen
- Cat Hole 4" wide and 6" - 8" deep
- Find loose, rich, and sunny site (helps with decomp)
- Cover hole completely, tamp down, put rock to discourage critters, upright stick to discourage next human.
- Pack out toilet paper
- Sanitize hands! Rub vigorously and pay attention to fingers

## TOOLS

- Trowel/Shovel/Stick
- Toilet paper, pre-moistened wipes, [pee rag](#), [female urination device](#) (practice in the shower before you head out)
- 2 - Sealable plastic bag (cover with duct tape - for privacy)
- Hand Sanitizer/[Soap Leaves](#)

**DISTANCE FROM  
TRAIL AND WATER**

**200 FEET**  
(APPROX. 70 STEPS)

**DISTANCE FROM  
CAMP AND KITCHEN**

**200 FEET**  
(APPROX. 70 STEPS)

**WHERE TO POOP IN THE BACKCOUNTRY**



# Feminine Hygiene

# Feminine Hygiene

- Tampons/Pads vs. Menstrual Cup
- Go Kit



## OPTIONS

- There are pros and cons between using tampons/pads vs. menstrual cups
  - Tampons/Pads: you know the routine, special waste bag, carry in ounces and have to pack it out
  - [Menstrual Cup](#): reusable, lightweight, nothing heavy to pack out, no toxins, lack of soap and water may deter
    - It takes practice (before you go out!)

## GO KIT (Stuff Sack or Dry Bag)

- CLEAN BAG
  - Quart sized slider / zip top bags (½ dozen if tamp./pads) lined with aluminum foil and duct tape
  - Hand Sanitizer/Biodegradable soap
  - Pre-moistened wipes (1 - 3 per day) and TP
  - Trowel/Shovel/Stick
- WASTE BAG
  - Gallon sized zip-lock (cover with duct tape)
  - Waste into quart size and stow in gallon bag

*\*\*All LNT principles apply*

# Thanks!

Contact me:

Quynh-Thi Vidal

[vidal411@gmail.com](mailto:vidal411@gmail.com)



“When nature calls,  
we hope it’s just the mountains.”