



Charles Sturt
University

Social Sciences Week
2025

Outdoor Therapy
Series

Compiled by Will Dobud PhD &
Friends of the Outdoor Therapy
Centre for Research and Practice

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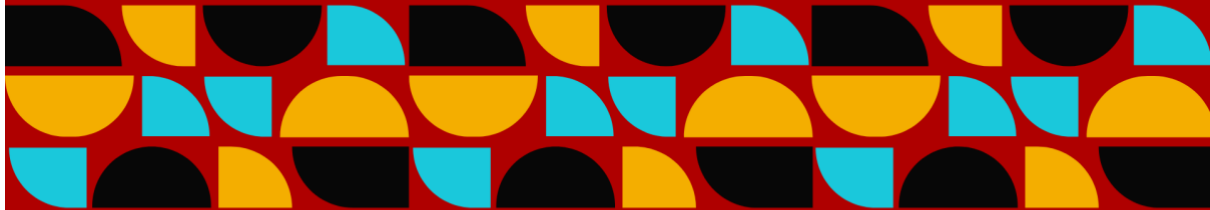
Overview of Social Sciences Week

Thank you for taking part in Social Sciences Week 2025 and our Outdoor Therapy Series. In 2025, we had over 2,250 registrations from people in over 24 different countries! That's amazing! Thank you so much for taking part in this fun week. Below, I have provided links to the recordings. Feel free to share widely.

Presentation	Presenters	Link
A Youth Mental Health Crisis? Kids These Days, the Exhausted Middle, and the Divided World	Will Dobud Nevin Harper	Click Here for the Recording
Mapping Clinical Trials in Outdoor Therapy	Andi Dickmeyer	Click Here for the Recording
Periods are Wild	Peta Lawler	Click Here for the Recording
The No-Talk Conversational Approach to Healing Stuff	Graham Pringle	Click Here for the Recording
A Conversation about Feedback and Deliberate Practice in Therapy	Cindy Hansen	Click Here for the Recording
Recipes for Borsch: The Essence of Useful Conversations in the Outdoors or Anywhere	Stephan Natynczuyk	Click Here for the Recording
Giving Youth Something to Imitate: Positive Males Working with Kids in the Outdoors	Doug Moczynski	Click Here for the Recording
Striking a Balance Between Authenticity and Professionalism	Lynette Nikkel	Click Here for the Recording
Pilgrimages in Outdoor Therapy	Max Prieto Will Dobud	Click Here for the Recording
Equine Assisted Therapy: Harnessing Horsepower for Improved Mental Health	Nadine Delaney	Click Here for the Recording
Therapy was Never Supposed to be this Boring: Curiosity-Centred Therapy and the Lost Art of Pragmatism	Will Dobud John Paul Healy	Click Here for the Recording
Learning by Doing, Leading by Being: Experiences of University Students in Walkabout Training	Mark Cartner Sam Harris Josh Heins	Click Here for the Recording

Experiential Practice Summit

EXPERIENTIAL PRACTICE SUMMIT



21-23 NOVEMBER 2025
PORT MACQUARIE, NSW

[Register Here Today, Early-Bird Rates Close 1 October 2025.](#)

The first Experiential Practice Summit features workshops and presentations from international leaders in experiential learning and therapy. Tickets are \$105 for Charles Sturt University students and \$165 for all other attendees. Includes a community dinner and access for more than 30 workshops and presentations.

Our theme of *'conversation as experiential learning'* is inspired by the transformative power of dialogue and interaction in shaping knowledge and practice. Recognising that meaningful conversations can serve as both a learning tool and a catalyst for personal and professional growth, and remains central to a functioning democracy, this summit emphasises the role of dynamic exchange in experiential learning through conversation and active engagement.

By prioritising conversation as a core component of the learning process, we aim to explore how collaborative dialogue, reflective discussion, and shared experiences can deepen understanding, enhance skills, and drive innovation. Through engaging conversations with practitioners, educators and academics, we seek to explore new insights and practical strategies applicable across various disciplines, ultimately fostering a more interconnected and responsive professional community.

Who is the summit for?

The summit is for all those interested in various types of experiential education practices – including but not limited to, outdoor education, outdoor therapies, alternative education, experiential conversations, educators, mental health professionals, academics, and practitioners. We encourage those who are passionate about working with people from diverse backgrounds to attend the summit and share their knowledge.

Kids These Days: Understanding and Supporting Youth Mental Health by Will Dobud and Nevin Harper

[Click Here to Pre-Order from Amazon USA](#)

[Click Here to Pre-Order from Amazon Australia](#)

Available on Audible.

“A crucial read for anyone living or working with children and youth. Highly recommended.”

—BRUCE D. PERRY, M.D., PH.D., CO-AUTHOR OF THE NEW YORK TIMES #1 BESTSELLER *WHAT HAPPENED TO YOU*

“A must-read book and protest against harmful mental health treatments for children and youth.”

—PARIS HILTON, GLOBAL ADVOCATE FOR INSTITUTIONAL REFORM, FOUNDER OF 11:11 MEDIA

“A fresh, provocative look at the challenges facing our kids.”

—ALEX HUTCHINSON, NEW YORK TIMES BESTSELLING AUTHOR OF *ENDURE* AND *THE EXPLORER'S GENE*

Research Projects



Tailoring Adventure Therapy to Target Age Groups Study

[Click Here to Learn More and Participate](#)

Principal Researchers: Kylie Agnew, Assoc MAPS ([Youth Psychology SA](#) / [Connected Self](#)) & Dr Will Dobud ([Charles Sturt University](#))

This study aims to bridge the gap between AT practice and research knowledge. The majority of outcome research in AT relates to a specific industry council of adolescent wilderness therapy programs in the United States, creating a void of research literature focused on how most AT providers tailor their work to particular populations from international contexts. For example, Dobud et al. (2020) argued for practitioners to become evidence-builders to increase the diversity of knowledge about AT practice.

This study will explore the considerations for AT practice with various target age groups. Focus groups with the international community of AT practitioners will be conducted to engage in an experiential conversation (Baker et al., 2005) to discuss considerations for tailoring specific AT activities, such as paddleboarding or rock climbing, based on participants' age.

Adventure Therapy Outcome Monitoring (ATOM) Study



**ADVENTURE THERAPY
OUTCOME MONITORING STUDY**

- 1) Join an international community of evidence-informed practitioners
- 2) Build evidence of your own effectiveness
- 3) Improve client outcomes in the outdoors
- 4) Advocate for utilizing the outdoors and adventure-based interventions

Email: wdobud@csu.edu.au


The image shows a group of people sitting around a long wooden table inside a tent. The tent is illuminated by string lights, creating a warm and inviting atmosphere. The people appear to be engaged in a discussion or activity. The text below the image provides details about the Adventure Therapy Outcome Monitoring Study, including a list of four points and an email address.

Walk-and-Talk Therapy Versus Conventional Indoor Therapy for Men With Low Mood: A Randomised Pilot Study

[Click Here to See the Full Article written Andi Dickmeyer and colleagues.](#)

RESEARCH ARTICLE 

Walk-and-Talk Therapy Versus Conventional Indoor Therapy for Men With Low Mood: A Randomised Pilot Study

Andrea Dickmeyer^{1,2}  | Jordan J. Smith^{2,3,4} | Sean Halpin^{1,3} | Stacey McMullen^{1,3} | Ryan Drew^{2,3,5} | Philip Morgan^{2,3,4} | Sarah Valkenborghs^{2,3,5} | Frances Kay-Lambkin^{3,6} | Myles D. Young^{1,2,3}

¹School of Psychological Sciences, The University of Newcastle, Callaghan, New South Wales, Australia | ²Centre for Active Living and Learning, University of Newcastle, Callaghan, New South Wales, Australia | ³Hunter Medical Research Institute, New Lambton Heights, New South Wales, Australia | ⁴School of Education, The University of Newcastle, Callaghan, New South Wales, Australia | ⁵School of Biomedical Sciences and Pharmacy, The University of Newcastle, Callaghan, New South Wales, Australia | ⁶School of Medicine and Public Health, The University of Newcastle, Callaghan, New South Wales, Australia

Correspondence: Myles Young (myles.young@newcastle.edu.au)

Received: 9 September 2024 | **Revised:** 28 November 2024 | **Accepted:** 7 January 2025

Funding: This study was funded by an Internal University of Newcastle Cross-College Support Grant (2022).

Keywords: males | outdoor therapy | physical activity | psychotherapy | randomised trial

ABSTRACT

While psychotherapy is effective for treating depression, men are less likely than women to attend and more likely to drop out. The value of alternative therapeutic approaches for men needs to be investigated. In this randomised pilot trial, we investigated the feasibility and preliminary efficacy of outdoor 'walk-and-talk' therapy compared to conventional indoor therapy for 37 men with low mood (mean [SD] PHQ-9 score = 11.4 [5.0]; mean [SD] age = 44.1 [15.8] years). Over 6 weeks at the University of Newcastle participants received weekly 60-min sessions delivered (i) while walking along a 4-km route on campus or (ii) indoors in a psychology clinic, delivered by provisional psychologists using non-directive supportive counselling. Outcomes included validated measures of depression, anxiety, stress and overall psychological distress, male-type depression, mental well-being, behavioural activation and therapeutic alliance. At post-intervention, all pre-registered feasibility benchmarks were exceeded including recruitment capability, retention (89%), average attendance (walk-and-talk: 91%, indoor: 89%), proportion of sessions delivered in intended setting (walk-and-talk: 100%, indoor: 98%) and overall perceived acceptability of the therapy (walk-and-talk: 4.4/5, indoor: 4.2/5, where 1 = poor and 5 = excellent). Linear mixed model analysis demonstrated both groups achieved similar improvements in depressive symptoms ($d = -0.02$), but the walk-and-talk group reported greater improvements in overall psychological distress ($d = -0.5$), anxiety ($d = -0.4$) and stress ($d = -0.7$). In contrast, male-type depression improved more in the conventional indoor group ($d = 0.6$). Other outcomes were comparable between groups. Results indicate that walk-and-talk therapy may be acceptable and effective for men with depression. A powered trial to interrogate these effects and identify moderators of effectiveness is warranted.

Trial Registration: Australian New Zealand Clinical Trials Registry number: ACTRN12622001318774.

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Achieving Clinical Excellence 2026 Conference in the Faroe Islands



Welcome to ACE 2026

The International Conference on Feedback-Informed Treatment
April 29 – May 1, 2026 | Faroe Islands

Join us in the breathtaking Faroe Islands for **ACE 2026**, a global gathering of practitioners and researchers dedicated to advancing feedback-informed treatment (FIT). This unique event offers a space to share knowledge, explore innovations, and deepen the connection between research and practice.

Over three days, you'll engage with leading voices in FIT, discover emerging trends, and connect with a vibrant international community committed to improving outcomes through client feedback.

Whether you're implementing FIT in clinical settings, conducting research, or simply curious to learn more, ACE 2026 is your opportunity to contribute, learn, and be inspired—surrounded by the natural beauty of one of the world's most stunning landscapes. We look forward to welcoming you to ACE 2026!

10th Digital Mental Health Global Congress

[Click Here to Learn More](#)



Join the world’s leading minds for three powerful days of collaboration, innovation, and action — **November 19–21 at the Westin Harbour Castle Hotel in Toronto, Canada** and online via eMHIC’s virtual platform.

This is where real-world digital solutions—tried, tested, and ready to scale—are shared and adopted globally.

Why attend?

- Connect with leaders from 40+ countries
- Learn from proven strategies delivering measurable outcomes
- Gain early insights into global policies, AI, and best practices
- Help shape international frameworks for digital mental health equity



nature based
THERAPIES
TRAINING • CONSULTATION • SUPERVISION

Professional training and mentoring

with proven industry experts in nature-based and animal-assisted therapies.



What's
Coming
Up

www.naturebasedtherapies.com.au



2025

The Nature of Group Therapy

1 Day Workshop
Friday 17th October
Lennox Head

Outdoor Health Australia (OHA) Forum

Mauro, Andi + Sue are all presenting independently at the OHA Forum
And collectively facilitating the **Best Practice Reflection Group.**

Experiential Practice Summit

21-23 November 2025
Port Macquarie NSW

The Mane Advantage

An experiential, equine-assisted and nature-based therapy activity
With Sue Jakes

Group Supervision for 2025

with Sue Jakes - Psychologist

Bookings via the NBTA website
14th October
4th November
2nd December

2026

Beyond Boundaries

6 Day Training
Foundations in Nature Based Therapy

Spring - March
Autumn - October

Book Here

Supervision and Consultation



Sue Jakes
Psychologist



Nadine Delaney
AMHSW



Mauro Vieira
Psychologist

www.naturebasedtherapies.com.au
admin@naturebasedtherapies.com.au

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Peers in Practice

Virtual Skill Development Circles for Mental Health Therapists

Whether you are an experienced therapist or just beginning your career, these circles provide opportunity for growth, development, and sharing in a supportive, non-judgemental environment. Circles focus on experiential learning and dive deep into practicing and refining specific skill sets essential to all mental health therapists.

Who Are These Circles For?

Mental health therapists (e.g. social workers, counsellors, marriage and family therapists)

Benefits

- Hands-on Experience
- Skill Development
- Networking Opportunities

Details

- Virtual Event
- Live Attendance Required
- Each session held from 6pm - 7:15pm (CST)
- \$80 CAD per term or bundle all three terms for \$180 CAD
- Hosted by:
Lynette Nikkel MSW, RSW

1) Fall Term: Intake & Initial Sessions

November 6, 2025 - The intake process
November 13, 2025 - First session
November 20, 2025 - Collaborative goal-setting
November 27, 2025 - Therapeutic alliance

2) Winter Term: Common Factors

January 8, 2026 - Use of self
January 15, 2026 - Empathy & positive regard
January 22, 2026 - Rupture & repair
January 29, 2026 - Client feedback

3) Spring Term: Closings


March 5, 2026 - Timing and planning
March 12, 2026 - Reviewing the therapeutic process
March 19, 2026 - Processing the therapeutic relationship
March 26, 2026 - Celebrating the client




Confluence
Counselling

To register or for more
information contact
info@confluencecounselling.com

I'm thrilled to have one of my activities featured in the NEW BOOK, which launched September 9, 2025: *The Game Therapy Toolbox*! This resource includes over 110 ready-to-use game-based interventions to address a wide range of therapeutic topics.

 Get your copy here: rb.gy/j2kpye

 Join a special webinar on October 29—FREE to attend, or just \$99.99 for 6 CEUs *plus* your own copy of the book. Can't attend live? Registration includes 14-day access to the recording.

 Sign up

now: https://www.pesi.com/sales/pbh_s_150502_gametherapy_sum94899_organic-1580119

Gathering of Adventure Therapy Europe (19-22 May 2026)



GATE 2026's Theme

Growing (up) Through Outdoor Experiences

The next GATE will be held in Belgium
from 19th to 22th of May 2026

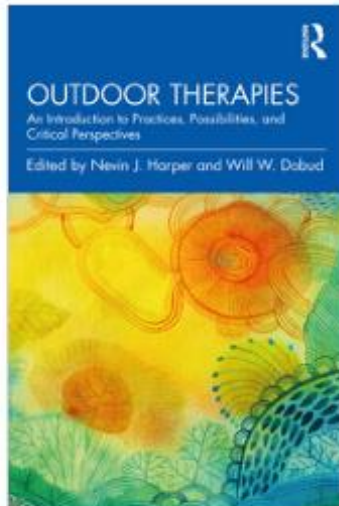
Click the logo above to learn about GATE 2026.

[Visit adventuretherapy.eu for more information! See you there!](http://adventuretherapy.eu)

30% off Outdoor Therapies: An Introduction to Practices, Possibilities, and Critical Perspectives

[CLICK HERE](#)

Use code **ADC25** for **30% off** and **free shipping** on **routledge.com**



Oct 2020: 228pp
Pb: 978-0-367-36570-7
eBook: 978-0-429-35202-7

Get **Outdoor Therapies** for **\$31.49** with **free shipping** using the code **above** at **routledge.com**

For more information visit: www.routledge.com/9780367365707

Outdoor Therapies

An Introduction to Practices, Possibilities, and Critical Perspectives

Edited By **Nevin J. Harper, Will W. Dobud**

Drawing on the leading voices of international researchers and practitioners, *Outdoor Therapies* provides readers with a broad spectrum of possibilities for the helping professions. As an introduction to these outdoor therapies, students, practitioners, theorists, and researchers will become aware of the possibilities and advantages of helping clients get the treatment, service and care they need, outside of a conventional office-based therapy approach.

"It's time to open the therapy room door, step outside, and use the great outdoors to help those who seek our counsel. This comprehensive text, written by experts around the world, shows you how". — *Scott Miller, PhD, founder of the International Center for Clinical Excellence and coauthor of Better Results: Using Deliberate Practice to Improve your Therapeutic Effectiveness*

"In public health, the importance of human interactions with outdoor and nature-based settings is emerging as critically important to physical and mental well-being. Although focused on therapy, this book's application and utility for health promotion practitioners and researchers is evident. I will absolutely be recommending this text to my students and colleagues involved in outdoor and nature-based interventions". — *Patti-Jean Naylor, PhD, professor in the School of Exercise Science, Physical and Health Education at the University of Victoria, and international expert on children's physical activity, healthy eating, and applying implementation science*

"Outdoor therapies are fast evolving. We gradually realize that we do not have to confine ourselves to the therapy room; the outside world offers beautiful therapy opportunities. If you are interested in this growing field, this book will provide you with a great variety of topics and insights to enrich your thoughts and work". — *Itai Ivztan, PhD, associate professor at Naropa University and author of Awareness Is Freedom: The Adventure of Psychology and Spirituality*

"This book recognizes the relationship between humans and nature as fundamental to human experience, and perhaps most important for the practitioner and policy maker alike, this book brings together the many streams of nature-based interventions and shows how underneath the superficial appearance is a fundamental reality that is vital for the future of the planet. This integrated approach is needed to support the field and inform all stakeholders of the possibilities inherent within outdoor therapies". — *Eric Brymer, PhD, associate professor and author of One Health: The Well-being Impacts of Human-Nature Relationships*

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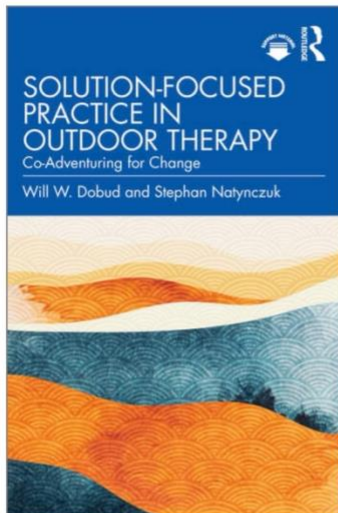
Part I: Foundations 1. An Introduction to Outdoor Therapies *Nevin J. Harper and Thomas J. Doherty* 2. Experiential Facilitation in the Outdoors *Luk Peeters and Martin Ringer* 3. Ecopsychological Approaches to Therapy *Megan E. Delaney* 4. Psychological First Aid for Outdoor Programs *Christine Lynn Norton, Anita R. Tucker, and Scott Bandoroff* 5. Indigenous Land-Based Healing Pedagogies: From the Ground Up *Nick XEMFOLTW Claxton* **Part II: Practices** 6. Wilderness Therapy *Carina Ribe Fernee and Leiv Einar Gabrielsen* 7. Adventure Therapy *Cathryn Carpenter and Anita Pryor* 8. Nature-Based Therapy *David Segal, Nevin J. Harper, and Kathryn Rose* 9. Equine and Animal-Assisted Therapies *Heather White and Kay Scott* 10. Garden and Horticultural Therapies *Rebecca L. Haller* 11. Nature, Sensory Integration, and Pediatric Occupational Therapy *Kaya Lyons* 12. Surf Therapy *Jess Ponting* 13. Forest Therapy *Won Sop Shin and Juyoung Lee* **Part III: Critical Perspectives and Conclusions** 14. Critical Perspectives on Outdoor Therapy Practices *Denise Mitten* 15. Future Directions for Outdoor Therapies *Will W. Dobud and Daniel L. Cavanaugh*

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30% off Solution-Focused Practice in Outdoor Therapy: Co-Adventuring for Change

[CLICK HERE](#)

Use code **ADC25** for **30% off** and **free shipping** on
routledge.com



Sep 2022: 304pp 11 B/W illustrations
Pb: 978-1-032-10881-0
eBook: 978-1-003-21755-8

Get *Solution-Focused Practice in Outdoor Therapy* for **\$31.49** with **free shipping** using the code above at routledge.com

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www.routledge.com/9781032108810

Solution-Focused Practice in Outdoor Therapy

Co-Adventuring for Change

Will W. Dobud, Stephan Natynczuk

This book presents a comprehensive model for working therapeutically with clients outdoors, with adventure, and in any outdoor setting—from a typical one-hour session to multi-day expeditions. Chapters lay out a robust and pragmatic model for opening the counseling room door using solution-focused methods. Dobud and Natynczuk bring together research on best practice in psychotherapy, monitoring therapeutic outcomes, safe and inclusive leadership, supervision, and self-care to present a robust framework for working therapeutically outdoors. Case vignettes are presented throughout the book, and a field manual is available for free download with purchase of the book.

"This book expertly combines the authors' practical experience in outdoor work with solution-focused perspectives and academic connections. Whether you want to embrace working in the fresh air, add solution-focused ideas into your work, or simply get more from your adventures with clients, it's a must read and a book to go back to again and again."

Dr. Mark McKergow, *author of The Next Generation of Solution-Focused Practice*

"An eminently practical book of strategies for creating better lives outside of the consulting room."

Scott D. Miller, PhD, *founder of the International Center for Clinical Excellence and coauthor of Better Results: Using Deliberate Practice to Improve Your Therapeutic Effectiveness*

"The field needs the voices of Will and Stephan, who pull together the past and present uses of solution-focused therapy to engage the current and future generations of practitioners. This book can help practitioners resist the pull of 'curing the disease' and embrace an understanding of how clients possess solutions they have yet to discover."

From the foreword by H. Lee Gillis, APA's 2020 Arthur Teicher Group Psychologist of the Year

"In this pioneering book, Will Dobud and Stephan Natynczuk invite us into their adventure of taking solution-focused practice outdoors and show convincingly that it belongs there. If you ever work in an outdoor setting, or are contemplating doing so, I recommend putting this in your backpack and joining them."

Guy Shennan, *therapist, consultant, trainer, and author of Solution-Focused Practice: Effective Communication to Facilitate Change*

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Outdoor Health Australia Forum 2025



OUTDOOR HEALTH FORUM 2025

[Click Here to Learn More](#)

Join us at the Outdoor Health Forum 2025 '*Nurture with Nature*' as we ground in a journey of health and wellbeing outdoors.

This year's forum finds its home at **Lake Ainsworth Sport and Recreation Centre in Lennox Head**, nestled on the lands of the **Bundjalung Nation**. Set beside the serene, tea tree-fringed lake and just moments from the ocean, this extraordinary area provides the perfect backdrop for exploration and immersive learning opportunities. Here, amidst nature's beauty, we'll delve into the diverse modalities of practice, thought, and experience that shape Outdoor Health in Australia.

Our program prioritises nurturing, relational, and embodied experiences deeply connected to nature. Through workshops, spotlight sessions, and immersive learning, we create a space that is nourishing for attendees, facilitators, and presenters alike. We work proactively to include a diverse, equitable and inclusive range of practices, research, experiences and learnings during our time together.

Our annual gatherings engage people from all walks of life - practitioners, researchers, and anyone interested in the intersection of nature and wellbeing, attracting over 200+ attendees each year. We welcome people of all genders, sexualities, cultures, identities, and ages to be part of this rich and transformative experience.

Camp Period Management



Dear Students and Families,

As we prepare for our upcoming camp, I want to take a moment to address a topic that is a natural and normal part of life: periods. Our goal is for all students to feel confident, supported, and prepared to fully participate in every activity, regardless of whether they may have their period during camp.

Periods and Camp: What to Expect

Camping in the outdoors offers new challenges and opportunities, and managing periods in this environment is no exception. With the right preparation and support, having your period on camp can be managed effectively and discreetly.

Our staff are trained to provide guidance and ensure that students who are menstruating have the privacy, supplies, and assistance they need. We've also included best practices for hygiene and waste disposal, as part of our commitment to environmental responsibility.

Periods and Camp: Year 7 Merricks program

- Toilets are available at all camps and activities. They are lockable facilities. Most are flushing toilets. On the bushwalk, you may use a drop toilet facility however are still lockable and private.
- It is very important to remember that you cannot dispose of your products into any drop toilets. Make sure you have your products, toilet paper, wipes, baby bags, paper bags and a snap lock bag for waste during the day so you can dispose of items in between campsites if needed.

- Have a small waterproof bag that you can use to have products available to you throughout the day. This would be handy to have in your backpack each day.

A Message to Students:

Periods should never stop you from participating in life's adventures! We are here to make sure you can take part in all the fun and challenges camp has to offer. If you're feeling unsure, need extra help, or just want to ask questions, please don't hesitate to speak with a trusted adult on camp or come and see the Experiential Learning Team in the office next to Q15.

A Final Note to Families:

Please let us know if your child has specific concerns or needs additional support related to their period. This will help us provide the best possible experience for them.

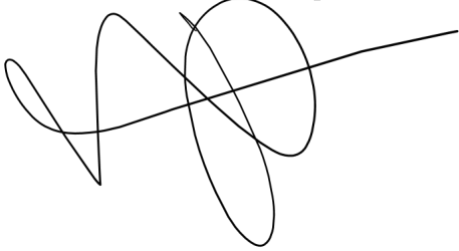
We are committed to fostering a positive and inclusive environment where all students feel prepared, supported, and ready to take on the challenges and joys of outdoor adventures.

If you have any questions or would like to discuss this further, please don't hesitate to reach out.

Warm regards,

Peta Lawler

On behalf of the Experiential Learning Team



Packing List for Students

Menstrual Hygiene Packing Essentials:

1. Menstrual Products:

- o Pads, tampons, menstrual cups, or preferred product. Bring plenty even if you don't think you are meant to get your period.

2. Hygiene Supplies:

- Baby wipes (preferably biodegradable wipes).
- A clean face washer or cloth (optional, for washing).
- Hand sanitizer (small bottle).
- Small towel or piece of tarp for clean setup.

3. **Waste Management:**

- Nappy bags (biodegradable preferable) for soiled items.
- Brown paper bags for discreet waste storage/disposal.
- Large zip-lock or bin bags for consolidated personal waste.

4. **Other Useful Items:**

- Portable water bottle for cleaning or rinsing.
- Spare underwear (several pairs).
- Lightweight menstrual underwear as backup (optional).
- Pain relief – Given to staff
- Nalgene water bottle (with a sock that fits) to make a hot water bottle. Must be Nalgene branded bottle for safety.
- A cheeky nut free treat <3

How to go about managing a bush period.

1. **Be Prepared:**

- Before heading to the toilet area, make sure you bring everything you'll need. This includes your menstrual products, some nappy bags, a brown paper bag, a larger zip-lock bag, hand sanitizer and baby wipes/or a face washer and water.

2. **Set Up Your Space:**

- When you're in the toilet area be that the bush or a toilet facility, lay out a small towel or piece of tarp on the ground or a clean surface. This is where you can keep your items clean and within reach.

3. Clean Yourself First:

- Use a baby wipe or a face washer with water to clean your hands and the area around your vagina. This helps you stay fresh and prevents any infections.
- Place the used baby wipe into a nappy bag or set the face washer aside to wash later.

4. Changing Your Product:

- Remove your used product carefully, wrap it in toilet paper, and place it into a nappy bag immediately.
- If you're changing more than one product, repeat this process.

5. Final Clean-Up:

- Once you've changed your product, do a final wipe or clean to make sure you feel comfortable.

6. Secure Your Waste:

- Place all used products, wipes, and any packaging into a nappy bag. Squeeze out any air, tie it tightly, and then place it into a brown paper bag.
- Put the paper bag inside your larger zip-lock bag to keep everything contained and odour-free until you get to a bin or camp. If you are at camp, you can put the paper bag straight into the bin.

7. Carry and Dispose:

- You'll need to carry your waste during some activities, so make sure your zip-lock bag is tightly sealed and packed with minimal air.
- This will keep everything hygienic and discreet until we reach a place where it can be properly disposed of it.
- If we are at camp already, pop it in the bin. Or when you arrive at camp you can look to dispose of it in the communal waste or waste tube.

Why We Do It This Way:

By using the nappy bag first, we ensure no leaks from wet soiled products into the paper bag. This keeps everything clean, odour-free, and contained, even if the main rubbish bag gets damaged.

We also follow a "leave no trace" approach, which means we're respecting nature and leaving the environment as we found it. Please don't bury products or put any products in the drop toilet.

Practice - Disposal



Pads:

- Easy to use
- Disposal challenges
- Wings for snow programs
- Common for younger ages
- Less invasive
- Supports hygiene for squat wees
- Overnight pads vs. daytime vs. liners
- Not great for water activities





Reusable Cloth Pads:

Eco-friendly and cost-effective, these washable cloth pads are made from natural, unbleached cotton.

- Easy to use
- Disposal challenges
- Less invasive
- Supports hygiene for squat wees
- Not great for water activities

Period Undies:

These genius undies have a built-in liner that absorbs blood.

Super convenient!

- Easy to use
- Need to be packed and managed properly if soiled
- Good for lighter days of period



Tampons:

Made of soft cotton and come with a handy string for easy removal.

- Easy to use
- Regular changing
- A good option for water-based activities
- Different sizes
- Requires good hygiene





Applicator Tampons:

These tampons come with a plastic or cardboard applicator for smoother insertion.

- Intimidating to use sometimes
- Supports managing hygiene
- Great for water-based activities
- Comes with greater amounts of packaging



Menstrual Cups:

Made of silicone, these cups fit inside your vagina to collect menstrual flow. They can stay in for up to 8 hours and are perfect for sports, including swimming.

- Can be a challenge to use
- Like poo, dig a hole and dispose of content
- Great for activities
- Not always preferred in younger students
- Can stay in longer
- Clean water - Cups need to be cleaned