

How to do a WILD WEE

1. FIND A SHELTERED SPOT



Behind a bush or a wall is good.
Step off the public footpath.



2. TAKE POSITION



If you usually sit on the toilet, you'll need to squat a little bit for a wild wee.

Bend your knees and stick your bum out. You may also want to pull your clothing forward between your legs, out of the way of any drips.



If you usually stand, you can do this for your wild wee too.

3. WEE DOWNHILL OF YOUR FEET

You don't want to end up standing in a puddle.



4. WATCH OUT FOR THE WIND

If it's windy, try to position yourself so the wind is blowing away from your body. Especially if you usually wee standing up!



5. SHAKE IT

Lots of people just shake a little to dry themselves off after a wild wee, then fix their clothes and walk away. If you feel you need to wipe, you can read some alternatives in the box below.

WANT TO WIPE? HERE'S SOME ALTERNATIVES TO SHAKING...

We recommend you do your own research to find what works best for you.

USE A LEAF



Pick a leaf on the way to your wee. Use it to wipe and then drop it on the same spot. Be careful which leaf you choose - nettles are not a good idea!

PACK YOUR PAPER

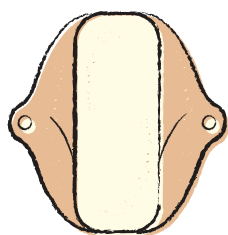


Carry a few sheets of toilet paper in a small bag. When you've used them, tie them up in the bag and carry them home to put in the bin.

CARRY A CLOTH



Some people carry a fabric cloth to use to wipe themselves after they wee. This is something you could research for future adventures - try searching for 'pee rag' or 'pee cloth' to find out more.



WHAT IF I'M ON MY PERIOD?

A bottle of water, tissues, baby wipes or hand sanitiser can all be useful for handwashing in the wild.

Used tampons or sanitary towels need to be carried home with you in a small bag. A biodegradable nappy bag is a good option. Remember to carry any used tissues or baby wipes home with you too.

Some outdoor adventurers prefer to use alternatives like period pants or menstrual cups.

WHAT IF I NEED A POO?

Can you wait until you reach a public toilet?

Try your best to leave no trace.

On overnight adventures where there are no planned toilet stops it can be useful to carry a trowel with you.

Dig a small hole to do your poo in, choosing your spot carefully so it's not close to a water source, then cover it up with soil afterwards.



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