

Middle school is a time for lots of new life experiences, including dealing with a menstrual cycle! Whether this is something you are experiencing yet or not, we want you to feel as informed and prepared for this as possible while you are at EAS. Your period can strike at any time, even at camp. So let's talk about ways to make this easier on you.

Preparing for Camp

Even if you don't anticipate a period occurring at camp, it is always a good idea to pack some menstrual products just in case it comes unexpectedly. Please know that students can always ask for help from one of the adults if they run out of supplies. All group leaders will be carrying first aid kits stocked with emergency menstrual products.

We recommend packing a "go-kit" to be carried in the day pack, which consists of pads/tampons, wipes, an extra set of underwear, and a small Ziploc for garbage.

Students will be active each day doing things like running, climbing, and swimming. Tampons are more dependable than pads for these kinds of activities, however we know many students are not comfortable with them. So here are some alternative options to consider acquiring before camp:

- 1) Thinx or other brands of period underwear (pack a plastic bag to store used pairs)*
- 2) Carewell or other adult disposable underwear products designed for swimming*

Expectations for Participation

Every year there are students who are anxious about participating in water activities for a variety of reasons. However, the expectation is that students try all activities to the best of their ability, just as with all activities done in the classroom. When students sit-out, this impacts their ability to complete journal entries and can negatively impact the grade earned. Therefore, we highly encourage students to come prepared so they can fully participate each day. Staff will occasionally make exceptions for injuries or other health concerns when participation is not safe or possible.