



periods can sometimes surprise us,
so it's good to be prepared...

so many choices...

- disposable
pads




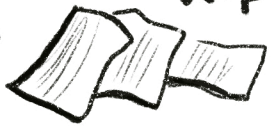
- period
undies

- cloth
pads

- tampons

- moon
cup


what you might bring to manage at camp

- resealable
bag

- or

- or
water
bottle

- and
biodegradeable
wipes


if you get cramps you might bring...

- 
hot water bottle
- 
soft toy
-  
pain relief