

HIKE WITH MAREE SHOWER TOILET PERIOD

How to Shower on the Carnarvon Great Walk

Just because you're in the bush doesn't mean you can't feel fresh!
Here's how I stay clean and feel like a **million bucks** every night on the trail:

The “Behind-the-Tree” Bush Bath

Every night, I have an awesome little bath using a **1-litre pump water bottle** with a **pop-top lid**.

- **Step 1:** Pour **500ml of water** over yourself to wet your body.
- **Step 2:** Lather up using **Wilderness Wash** (an environmentally safe soap).
- **Step 3:** Rinse off with the remaining **500ml**.
→ You'll feel **totally amazing** — refreshed, clean, and human again!

Cold weather hack:

If it's freezing, boil 500ml of water and mix it with 500ml cold water. Voilà — a warm trail shower!

Is There Enough Water?

Yes! Carnarvon has **huge underground tanks**, and the area receives **29 inches of rain per year**. Water is **plentiful** and clean.

Other Ways Hikers Wash Up

- Some hikers use their **cooking pot** + **Chux cloth** for a wipe-down (very ultralight!).
 - Others go for **wet wipes** — though these are heavy choice and must be carried out. I personally stick with **lightweight methods** and leave the heavy stuff behind.
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Real Showers on Trail

- **Night 3 – West Branch Camp**
Enjoy a **real shower** that many say is **better than the one at home!**



Bring one pump bottle 1.5 litres with pop top lid or two 800mls pump bottle with pop top lids. Some people like the two small ones to balance their pack. One on each side.

TOILETING ON TRACK

Let's keep it clean, respectful, and trail friendly.

Camp Toilets

The **first three camps** on the Carnarvon Great Walk have **toilets that are clean and hygienic**. Please use them whenever available.

Toilet Paper & Hygiene Essentials

- Bring **enough biodegradable toilet paper for 6 days** — hiking stimulates your system, so expect to go more often than usual.
- **Pack hand sanitizer** alongside your toilet paper. Clean hands = good health.
We will not always have access to water and soap.

The Bush Cloth (Pee Rag) – Optional for Females

Let's be real — no one wants to see **toilet paper littering the trail**.

- Female hikers may prefer using a **Bush Cloth**, also called a **pee rag**.
- It's used **only for #1s**, has **no smell or germs**, and dries quickly in the sun.
- Many women swear by it for sustainability, ease, and trail cleanliness.
- **Alternative:** Some choose to wear a **panty liner daily**, which must be **carried out** with your rubbish. <https://kulacloth.com/pages/faqs>

When You Need to Go Off-Track

- Our guides carry shovels
 - If there's **no toilet nearby**, walk at least **200 metres from any water sources**, and **dig a hole 20 cm deep**.
 - **Bury your waste and toilet paper well.**
Leave **no trace**. Leave **no sight**.
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PRO TIP: Hygiene is Key

Poor hygiene leads to illness, and illness ends hikes.
Plan, pack smart, and respect the trail.

Hiking with Your Period

Yes, it's manageable — here's how.

If you're due for your period during the Carnarvon Great Walk, don't stress. With a little planning, you can stay comfortable, clean, and confident on trail.

Here is a **fantastic blog** that cover real-world advice from experienced hikers:

Click link and read this blog - [periods hiking - how to manage](#)

A Few Quick Tips:

- **Menstrual cups, period underwear, or tampons** are all options — choose what works best for *you*.
- Use your empty dehydrated meal packet with zip head left on inside a zip lock plastic bag to carry out used products. The double layer will stop odours.
- **Hand sanitizer** is a must.
- Wipes or a **small water bottle and cloth** (just like your bush bath) can make you feel refreshed.

Remember:

You're not the first — and not the last — woman to hike with her period.
With the right mindset and setup, it's just another day on trail.