

YOUR PERIOD GUIDE

PERIODS DON'T PAUSE ADVENTURES

FOR CAMPS

AND SLEEPOVERS



GIRL GUIDES ARE PERIOD PREPARED

We know hanging out with your besties at camp and having a sleepover is awesome. We also know managing your period away from home can feel a little scary. That's where we come in!

Meet your period BFF. This guide has everything you need to prepare for (and conquer) your period when you're away from home – including top tips, packing essentials, how to talk to your friends, and beating the period 'blurgh'.

Meaning you don't need to miss out on doing the the stuff you love. No FOMO: time to join in hiking, swimming and your next adventure.



HOW TO TALK ABOUT YOUR PERIOD

Sometimes you might just want to talk to someone about how you feel. Sharing is a really healthy way to work through your feelings and get some support. Try these conversation-starters.

You could start the conversation with an adult by saying something like:

"I just wanted to let you know I have my period and I'm feeling 'a bit tired'/' I have cramps'. I need to sit out for 5 minutes/wondering if you could help with my hot water bottle/or pain relief or if it's ok for me to make a hot drink?"

When you're talking to your friends about what's going on, you could say:

"I'm feeling a bit slower today because I have my period. I just wanted you to know in case I need to take a break or I'm being a bit quiet."

Remember: Periods are natural, so lean into your amazing body. It's doing exactly what it was designed to do. Let your friends know if you need to slow down or take a break.



ALL ABOUT PERIOD PRODUCTS

The great news is there are lots of period products to choose from. It's all about finding what works best for you, and your body. Choose products you feel confident to wear, and the right size and absorbency for your flow.

Handy hint: if you haven't got your period yet, go for products with a moderate/medium absorbency and you'll be covered.

MODIBODI PERIOD UNDERWEAR AND SWIMWEAR

These look and feel just like regular underwear and swimwear, but they have a built-in waterproof lining which absorbs blood and fluid to keep you feeling dry and free from leaks.

Modibodi can be worn up to 10 - 12 hrs a day. If your underwear starts to feel 'heavy' or 'wet', change into a fresh pair. After use rinse, then pop them in a waterproof bag ready to wash. You can hand or machine-wash Modibodi in cold water, line dry, then wear again and again. Easy! (Bonus: there's no single-use waste).

Top Camping Tip: Modibodi is a great option as it's super-easy and super-convenient. Pack 5-7 pairs for the week. Good to know: GGA camps will have Period Point Washing Stations for you to wash and dry reusable products.

PADS/NAPKINS

These are disposable absorbent products you stick to the inside of your underwear. They come in various sizes and absorbencies, with or without wings (an extra bit that wraps around your underpants to help them stay in place).

Top Camping Tip: Pack 2-3 per day. After use, wrap your used pad in toilet paper, pop it in a small plastic bag, then put it in a bin. Never flush used pads, always put them in the bin.

TAMPONS

Small and cylindrical, tampons are inserted into your vagina to absorb period blood. Once inside, a string hangs outside of the vagina to help you remove it. They can come with or without an applicator to help insert, in different sizes and absorbencies. Remember: to take off the plastic wrapper first.

Top Camping Tip: Choose tampons that are right for your flow and remember to change them every 4-6 hours. It's best not to use tampons overnight so maybe switch to your Modibodi underwear or pads in the evening. Wrap your used tampon in toilet paper, then put it in a bin. Never flush used tampons, always put them in the bin.

MENSTRUAL CUPS

Flexible and bell-shaped, these cups are made from silicone or latex rubber. You insert them into your vagina where they sit and collect menstrual blood. Menstrual cups are reusable and can be worn up to 12 hours before they need to be emptied and cleaned by washing thoroughly with water and following the instructions.

Top Camping Tip: Try it at home first to make sure you're feeling comfy and secure. At camp you might not always be near clean, running water to wash your cup clean.



YOUR PERIOD KIT

Packed with sleepover/camping essentials, your Period Kit has you covered. Tick items off your list as you pack so you don't miss a thing.

PACK A SMALL CLOSEABLE BAG WITH:

- Your preferred period products
- A toilet roll
- Hand sanitiser
- Plastic bags (zip-lock or nappy bags)
- Packet of wipes
- Pain relief (should only be given by an adult)
- Hot water bottle or heat-proof drinking bottle
- Extra pairs of underwear

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HOW TO BEAT THE PERIOD "BLURGH"



YOUR SECRET WEAPON AGAINST CRAMPS

A hot water bottle, warm shower or pain medication can soothe cramps and back pain. Just ask an adult to help you with the pain relief and water bottles.

COMFY CLOTHES = HAPPY YOU

Wearing loose, comfy clothes can be really helpful if your stomach is feeling bloated.



HYDRATION HERO! KEEP THAT WATER FLOWING

Drink up! Drinking lots of water will keep you hydrated and can make exercising easier when you're on your period.

FIND YOUR PERSONAL CHILL ZONE

Chill out. Put on your fav tunes, lie down, stretch out, and give yourself some 'me time' when you can. Meditation is also a great way to relax.



FINDING YOUR FLOW WITH GENTLE MOVEMENT

Pace yourself. Exercise, yoga, stretching, or going for a walk can help ease period pain and give you some calming head space. Enjoy your adventure but take it easy.

You are now Period Prepared and ready for camp or a sleepover with your besties. Have Fun!

GIRL GUIDES AUSTRALIA DONATION

Purchase any Modibodi product from the Modibodi website. Enter the code **GirlGuidesAU** at checkout. And Modibodi will make a donation to Girl Guides Australia. Offer ends November 2025.