



# PERIOD POINT WASHING STATION

How to wash your Reusable Period Underwear

## STEPS

- 1 Rinse your pants in running water until the water runs clear.**  
If possible rinse them as soon as you can, and store in a wash bag until you're ready to wash them thoroughly.
- 2 Wash your pants in a bucket or basin of clean water, with detergent.**  
Fill bucket/basin with about 5cm high of cold water and 10 cent coin size of detergent.
- 3 Hand wash pants using only your hands – no need for sponges or brushes!**  
Do not leave pants soaking just gently squeeze and lightly rub water through them.
- 4 Keep washing.**  
Move water in and out of the pants by squeezing and turning to ensure they are clean.
- 5 Rinse pants in fresh water.**  
Empty, rinse and refill bucket/basin with about 5cm high of cold water and rinse pants to remove any bubbles and soap.
- 6 Rinse the sink or bucket straight after use with clean water.**  
You can add a small amount of mild disinfectant if you choose.
- 7 Wash your hands with soap and water and apply sanitiser too if you want.**
- 8 Hang your clean pants out on the washing line with pegs.**  
Make sure your pants are labeled for camp so you know which are yours!

## DAILY CLEANING ROUTINE FOR YOUR UNITS PERIOD POINT WASH STATION

- ✓ Rinse and wipe down sink/buckets with disinfectant at least once a day.
- ✓ Provide soap and clean water at all times.
- ✓ Provide gloves for those cleaning the basins/buckets.
- ✓ Keep the wash area well-ventilated and clean.

## PLEASE DO NOT

- ✗ Leave underwear soaking in the sink or bucket.
- ✗ Leave dirty water in the sink or bucket.
- ✗ Share someone else's water.
- ✗ Put unwashed underwear directly on counters or floors.

Periods are normal and healthy!

Please treat everyone with respect and kindness at your Period Point Wash Station