Tips on Peeing in the Woods

Women have been peeing outside since before there were toilets! It is normal and natural to pee outside. When Scouts try to avoid peeing outside they can accidentally become dehydrated. Use these tips and watch the video to get comfortable peeing in the woods.

- Find a safe, level spot with 360 degrees of privacy
- Face downhill with your feet shoulder width apart
- Pull your pants down to the tops of your knees
- Squat all the way down with the backs of your legs on your calves
- If you bring toilet paper pack it out, remember Leave No Trace

Youtube Video on Peeing in the Woods