

A man with a beard, wearing a black beanie and a black long-sleeved shirt, is crouching in a wooded area. He has a roll of white toilet paper tucked under his right arm. He is looking to the right with a slight smile. The background is filled with dry branches and trees, suggesting a natural, outdoor setting.

LOW IMPACT WILD CAMPING
A Guide to the Pleasures of Outdoor
Ablutions & Sanitation.

By NOMAD Sea Kayaking

Take a Dump!

Introduction

The age old problem of 'pooping' raises its ugly head (excuse the pun) and this is usually a delicate subject, not least of all because we normally have ladies on our trips, but also the impact our ablutions have on the environment. So sit up and pay attention!

'Bog Bag' (Compulsory for each paddler or couple)

- 1 dry bag
- 1 trowel
- Bio-degradable toilet paper (carried out - no exceptions)
- Large ziplock bag with kitchen towel (for carrying out toilet paper)
- Bar of soap & large zip lock bag
- Hand sanitiser
- Small lightweight cloth for drying hands and wiping

Intertidal Zone (the area between the high water & low water marks)

Proceed as follows! Stroll off in the general direction of one end of the beach you've landed on. If you're lucky, there'll be rocks or something to give privacy but if you can't get privacy then accept that it's natural and anyway, when you've gotta go you've gotta go!

Use your trowel to scope out a wee hole in the sand or the pebbles - or lift a suitable rock - make whatever clothing adjustments you need to and position yourself in an appropriate stance over the hole. I find it helps to have chosen a decent sea view and also find it helps to have checked that no yachts are about to come cruising round past the nearby headland! You can always wave of course, but I find the crew tend not to wave back.

Now Enjoy!

Remember to pull your pants forward otherwise.....! This is where the biodegradable toilet paper comes in (readily available online). Do the wiping bit as necessary and pop the used toilet paper into your ziplock bag for disposal later. The kitchen towel sheets used as a liner will ensure your discretion when you walk back into camp. In a salt water environment, your solid waste is going to get recycled fairly quickly, usually around six hours on an incoming tide. Now wash the hands - that biodegradable salt-water lathering soap or just a plain old bar of soap comes in handy!

DO NOT BURY
toilet
paper!

EWWW!

ICKY

DOUBLE
BAG IT!

if you use
toilet paper
You **NEED** To
CARRY IT OUT!



near those slippery wet rocks? No problem - have trowel, can deal with the problem **on land!** Once again, a little gentle exercise is called for, again clutching your Bog Bag. Stroll away for a decent distance, ensuring you are at least 200 feet away from the camp and any water source.

Making sure you're away from water sources is important - human crap carries a large number of nasty pathogens and these can travel a surprisingly long way through the soil. Water sources include that nice, soft, easy-to-dig in boggy bit seeing as how it's the likely source for the wee stream that's just downhill. You know, the one you fill your water bottle from?

Now we need another of those holes. You don't have to dig to China, all you need is to go down maybe eight inches or so. The trowel comes in handy here! Trousers down and do what comes naturally - Aaaaaah! Now collect the used toilet paper, pop it into your large Ziplock bag and seal it after removing the air (watch for the stink!). Give the poo a stir (this will help it decompose) and make sure to bury it well. Then carry it out. Do not forget to wash your hands; see below.

The other option is to use The Restop® 2 disposable travel toilet which solves the problem of 'where to go' without damaging the environment. It's a disposable travel toilet with a spill proof bag for solid waste.

The Restop® 2 uses a patented "bag within a bag" design to safely contain and neutralise human waste. Restop contains the odour as well as the waste providing a user-friendly and pleasant means to pack out solid waste. The outer bag is a Mylar gas-impervious bag. Polymers and deodorisers are used inside, with a set of enzymes for the solid waste. Ample toilet paper and a moist antiseptic towelette are included, try to buy biodegradable wherever possible so it breaks down in landfill. How is it used? The Restop 2 can be used directly on the ground in wilderness situations. When you've finished using it, the upper bag folds into the lower triple layer barrier bag which then zip locks closed for complete containment. Now the waste is safe for bringing back out in your kayak and disposing of it in the bin when you get home. Available from **Amazon!!**

We recommend marking the spot - another small cairn, or "X marks the spot" and those sticks can be laid crossed on the ground, or stuck in the ground in such a manner as to make a vertical cross on its side - like a big X. That's how the Scouts do it and there isn't much that they don't know about crapping outdoors right?

Again, wash your hands thoroughly using your second ziplock bag filled with a little fresh water. Rinse and dry and then, and only then, use hand sanitiser on your DRY hands. Hand sanitiser is not affective on wet hands.

By the way, sanitary towels, tampons and the like must all be packed out with you. Bring a few disposal bags nicked from the ladies at work if this embarrasses you (or use a zip-lock) and discretely dispose of your earliest.

rinse time!

RIGHT HAND CLEAN!

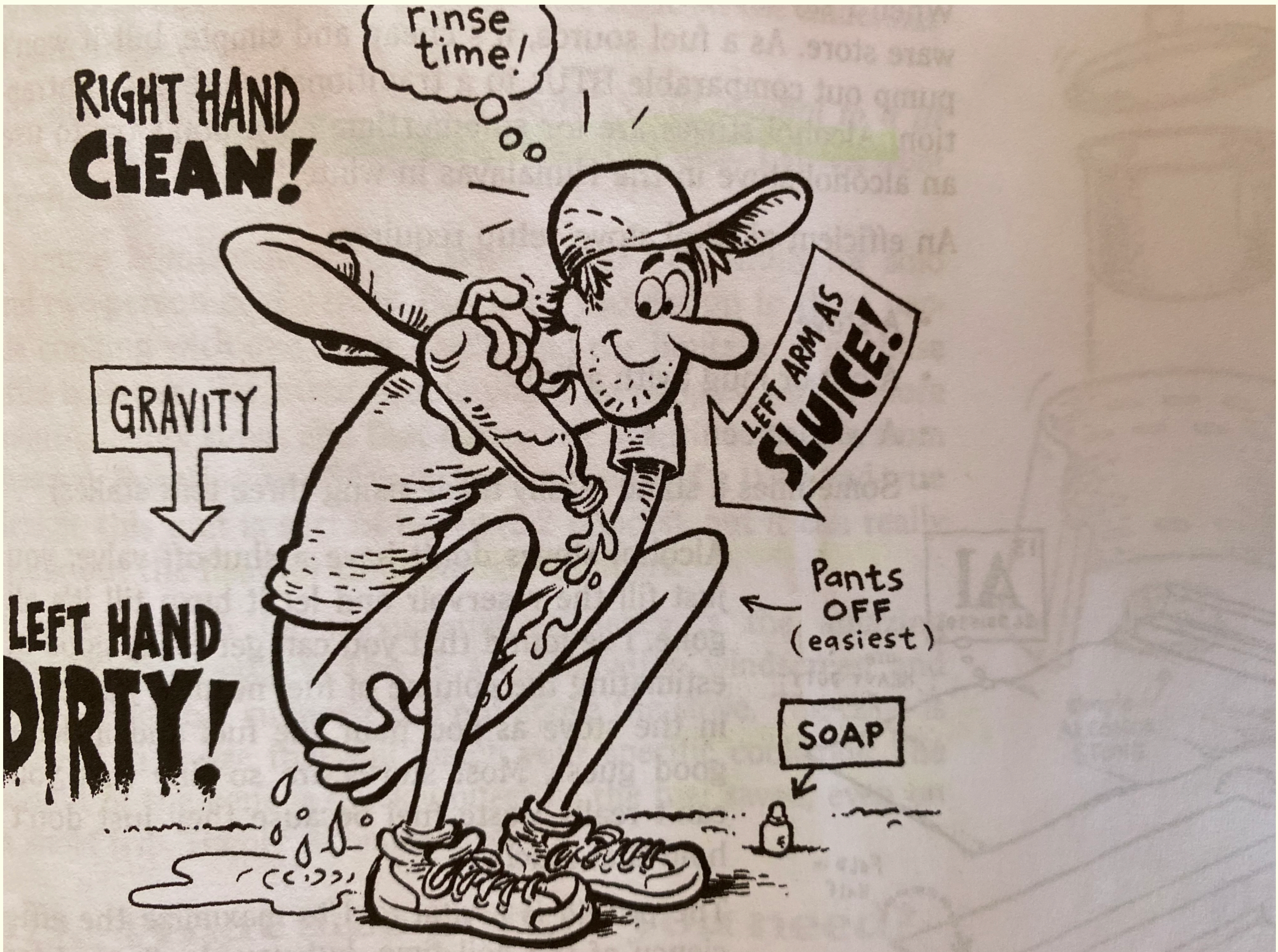
GRAVITY
↓

LEFT HAND DIRTY!

LEFT ARM AS
SLUICE!

Pants
OFF
(easiest)

SOAP
↓



Washing Dishes and Pots

A basic necessity that poses another challenge for those not used to doing this without running hot water, a sink and lashings of lovely soft bubbles to keep our hands all soft and gentle! It's a 3 stage process and one worth doing properly so as to avoid any chance poorly washed dishes and utensils causing the runs or even food poisoning. Not a nice thought on a long trip, and I know, having spent 7 years in the military washing my pressed metal plate with 500 hundred other troops!

1 Scrape off any remaining food scraps from your plates and pots - this can be burned on the camp fire but if you don't have a fire, then pack out the remains with your trash rather than just tipping them on the beach or the grass.

2 Now get the worst of the remaining grunge off the pots and plates. A lot of muck can be removed from pots without having to use any detergent at all. Wet sand, a handful of sea-weed or a few small bits of shingle makes a really good scourer and will deal with just about anything, and is especially good for getting the soot off Trangia pots. If you avoid cooking greasy foods then the pots are so much easier to clean.

3 Rinse! Only use **Bio-degradable general wash.**

NO "Fairy Liquid" please!!

If you're using proper biodegradable soap, that'll do the trick every time. Please, don't dump washing-up water laden with food scraps and detergent in a burn or stream! That burnt rice hangs around in the crystal clear stream beside the beach rather longer than you'd like if you were the one planning on taking drinking water from it that evening. Alternatively, just scatter the wash-up water as widely as you can, perhaps in the heather or gorse. We try *not* to just dump it on the ground *you* might be camping on later that evening.

Leave No Trace

Leave what you find: Part of low-impact travel is the idea that you should leave the area in as natural a state as possible when you move on. Leave rocks, plants, and other natural objects as you find them. Examine, but do not touch cultural or historic structures and artefacts. This also extends to the flora and fauna; don't transport local plants and animals out of the area and attempt to relocate them at home. Keep in mind that non-native and invasive species are already a serious problem in many parts of the country.

Minimize campfire impacts

Of all the things humans do in the wild, the campfire is one of the most destructive yet also one of the fundamental things we all enjoy. Keep the fire small. Your Guides will provide a 'starter' supply pot wood to get you going so it is in your interest to not burn masses of wood on a huge 'white mans' fire as you'll be collecting and carrying the wood.

Respect wildlife

Paddlers are often keen observers of nature and know to give a wide berth when watching or photographing wildlife. But, don't forget that these creatures are very definitely wild, and you're visiting them on their turf. Feeding wildlife spoils their survival instincts, disrupts the order of nature, and causes all kinds of problems down the road. Start feeding bears in the States and they'll likely start bothering you. Feed monkeys in South Africa and they have to be shot. I've yet to be mugged by a greedy seal down on the backwaters of the Naze, but I have heard of a sea otter in Canada who was seen climbing onto a passing kayak and raiding a dry bag secured on the rear deck before attempting to prise the hatch cover off in search of the goodies within. True! Even truer is the fact that seals will nibble at your boat toggles or even climb on board! Endearing I know, but not good for the animal when someone less 'considerate' comes along and hurts the animal for no good reason. **LEAVE THEM ALONE!!**

Be considerate of other visitors

This one just boils down to basic respect for each other! Be courteous to the locals and use local shops, pubs and cafes if you can. Try and leave the area at least as pristine (if not better) than you found it. Sometimes that might mean carting out the junk others have left, or clearing their fire pits or sorting their mess. Such is life.

Social distance and wear your mask as needed. Don't be a twit, just do it!

Car parking can be a bit difficult sometimes - and can upset the locals when they find lay-bys obstructed or small local car-parks full of paddler's cars. Car sharing helps reduce the number of vehicles.

Finally

Be aware of the stuck up landowners and their representatives – they do exist believe me! If you come across them, move your launch to a more accommodating site. Arseholes are arseholes and we all have one!

A ddendum

Unfriendly Launch Sites to be Noted (after 16 years of Guiding experience)

1. Carpark at Bowcleaze Cove, Weymouth – owned/managed by the muppets at **Second Wind Watersports** and the **Oasis Cafe**. This crowd is very aggressive, unwelcoming and unhelpful.
2. **Chichester Land Agents** representing the Kimmeridge Bay Estate – stuck up snobs with the attitude that this is their patch and outsiders are not welcome unless we're willing to fork out loads of dosh!
3. **Shotley Marina** - unfriendly and unhelpful.
4. **The Shipwreck Pub** (Shotley Marina) - terrible food and bad service at high prices. Not worth the drive.

