

## Hygiene Seminar 5/7/2014

### TOILETS

#### Composting Toilets.

1. Compost toilets are wooden boxes with a 5 gallon bucket under a toilet seat.
2. You can urinate and defecate in the #2 toilet.
3. When finished, cover the mess, including toilet paper, with sawdust.
4. Put the seat back down.
5. Women can place urination only in the #1 toilet (women's urinal); no solids. Place the toilet paper in the waste basket instead of the toilet.
6. When a bucket is full, remove and cover it with a lid. Install an empty bucket under the seat.
7. The full bucket should be buried in the Human manure compost pile.

#### Toilets in Campers.

1. The septic tanks are very small and not designed for high usage.  
  
Some campers will not have septic tank hook-up and will have to be emptied by hand, a difficult, unpleasant and sometimes unsanitary task.
2. Therefore, urinate in them only and dispose of the toilet paper in a trash can. Lay the cover down.
3. Do not flush after every use. Let it mellow, then do a group flush.

#### Portable Camp Toilets.

1. Raise the cover.
2. Pull the center tray out.
3. Sit and do your business.
4. Throw the toilet paper into the toilet.
5. Rinse, then close the tray.
6. Pump or pour a cup of water onto the top of the tray.

7. Lower the cover.

### Human Manure Composting.

#### **To empty buckets / toilets into the compost pile:**

1. Using a shover or pitchfork, scoop a hole in the top of the compost pile.
2. Empty buckets into the pile.
3. Rinse and clean the first bucket with a toilet brush and a gallon of water.  
Pour used water into the second bucket.  
Clean the second bucket.
4. Pour dirty water onto the compost pile to be buried.
5. Cover pile with a few inches of hay, straw, other compost, or dirt.
6. Put an inch of sawdust or dirt in the bottom of each empty bucket.
7. Wash your hands.

## **BATHING**

### **Hot Towel Method**

1. Heat one half quart of water in a covered pot.
2. Check frequently. As water starts to steam and form small bubbles on bottom of pot, remove from fire.
3. Get a medium-sized hand towel, large kitchen towel, large clean shirt or whatever. Slowly and carefully immerse towel into pot. Move towel around slightly to allow capillary action of cloth wick up hot water.

If towel is completely saturated, use less water next time as a fully wet towel will be too hot to pick up, let alone wring out, and it will drip all over the place.

4. When towel is very hot but not too hot to handle, pick up towel and vigorously wash body.
5. Wipe your butt with toilet paper. Then using the towel, wash your face, arms torso, back, legs. Then wash your armpits, crotch and butt.

### **Bucket and Bench Method**

1. Wet your rag in the bucket to wet the body.
2. Soap and wash.
3. Rinse with the remaining water in the bucket.

### **Navy Shower**

- 1) Rinse quickly.
- 2) Turn off water.
- 3) Soap up and bathe.
- 4) Rinse quickly.
- 5) Get out.

## **BEDDING**

### **Sun Drying**

1. All sleeping bags, sheets and blankets should be taken outside, turned inside out, and shaken.
- 2 They should be hung on bushes, across something, or placed on a clothes line so that the sun and fresh air can clean them.
3. After several hours, remake bed.
4. This should keep down bed bugs and lice, as well as remove the extra dead skin caused from infrequent baths.

## **TRASH**

### **Human Manure**

1. The human manure compost pile can take **anything bio-degradeable**, except large bones. This includes baby diapers, handi-wipes, tampons, all food scraps and road kill.
2. After the pile is built up to a four cubic foot, it will age for another twelve months to kill the last of the human pathogens. It will then be used as fertilizer on the vegetable crops.
3. This method has long been approved by EPA.
4. Not only does this method cut down on hepatitis, cholera and diphtheria, it also cuts our water usage in half.
5. Two trash cans will be available in several places, including the bath rooms. One for bio-degradeable refuse for the compost pile, and one for plastic, glass and metal.

Recycle

## **WATER**

Recycle

Potable vs Non-Potable

### **Proper Hydration**

Because of the uprooting and changes of place, diet and stress, proper hydration is most important. If you are not peeing you are not drinking.

This may cause your bowels to lock up. And cause fatigue when you are needed most.

Make sure everyone in your group is drinking plenty of water.

Swimming Pool

## **LAUNDRY**

Sun Washing

Laundry Process