

Menstrual Needs During Emergencies

Important Information:

- Everyday, around 14 million Americans are managing a period. Integrate period needs into your emergency plan.
- Improvised feminine hygiene products can increase the risk for infections, so being prepared before disaster strikes is critical.
- Menstruating women require **1.5 to 2 gallons of water per day**, as opposed to the **1 gallon per day standard**.
- Stressful situations can alter the menstruation cycle, even for women that are typically regular. Periods can be early, late, or include worse symptoms, such as cramping.
- Stock items that you already use, and back-ups that you are comfortable using. For example, if menstrual cups don't seem like a viable option, keep period underwear or reusable pads instead.

At-Home Kit:

- Familiar Period Products
 - Stockpiled for at least two menstrual cycles.
- Period Underwear
- Reusable Pads or Menstrual Cup
- Typical Medications
 - Ex: Ibuprofen, Tylenol, Naproxen, and Midol stocked for at least one menstrual cycle.
- Heating Pad Patches
- Hot Water Bottle
- Unscented Wipes
- Small Disposable Waste Bags
- Extra Water, or Water Purification Methods

Evacuation Kit:

- Pads or Tampons
- Extra Underwear
- Unscented Wipes
- Mild Multi-Purpose Soap
 - Ex: Castille Soap
- Hand Sanitizer
- Heating Pad Patches
- Typical Medications

Sources:
protocolsurvival.com/en/blog/emergency-menstrual-hygiene-hazards.colorado.edu/research-counts/mass-sheltering/code-red-addressing-menstrual-needs-during-emergencies



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