



Managing Menstruation in Extreme Environments - Research Survey

Tania John³, Emma Barrett², Connie Cramp¹

¹University of Bristol, UK

²University of Lancaster, UK

³Women's Adventure Expo CIC, Bristol, UK

Background

Managing menstruation is a common issue faced by women in challenging outdoor environments and, anecdotally, appears to be a barrier that can inhibit women from becoming involved in adventure travel and activities. In the absence of systematic research, we have little solid understanding of the range, type, and prevalence of issues relating to women's experience of menstruation in extreme environments, and women are relying on anecdote when it comes to management/coping strategies. The topic is rarely discussed, and infrequently considered by expedition organisers.

Aims

To provide a clearer picture of issues relating to MMiEE, including where travellers seek information, the relevance of the information/advice they receive, and the extent to which menstruation may impact on participation in expeditions and adventure travel. To gather 'lessons learned' from experienced female expedition-goers in order to better inform novice expedition-goers, expedition organisers/leaders/medics, and others.

The survey explores factors such as types of environment, age, health status, contraception status, cultural background, and practicalities in the field, including environmental concerns. The study is part of the MMiEE project which is exploring this topic and seeks to produce practical information for women and guidance for relevant professionals.

Methods

Online survey accessed via WAE website, participants recruited through Expo event, expedition organisations, outdoor industry and academic networks.

Results

Survey is currently live and results will be available by NECTM7.