BUILD YOUR PERIOD GO-BAG

When you’re heading out on a mission, training or deployment, don’t forget to make a period plan.

Managing your period can be tricky enough at home, so when your military service takes you away for a while, preparation is key.

Stock up on supplies

Try period products you don’t need to change as often:
- Period underwear
- Menstrual cups
- Menstrual discs

Test them before you leave so you know what to expect.

Bring hand sanitizer or alcohol wipes to clean your hands before changing period products. Pack unscented baby wipes in case clean bathrooms are hard to find.

Do some period math

Consider how many period products you typically use during one cycle and pack enough to last.

If you can’t pack as much as you need, check if there will be access to stores or breaks in training to replenish.

Get your APO/FPO address so you can order more supplies online or have a friend or family member mail them to you.

Skip your period

Hormonal birth control can lighten or stop your period:
- Birth control pills (skip the placebo week at the end of the pack)
- Vaginal ring (leave the ring in the full 4 weeks instead of only 3 weeks)
- Intrauterine device (IUD)
- Depo-Provera shot

Prepare for unexpected bleeding

Many factors can change how often and how much you bleed:
- Stress
- Intense exercise routines
- Hormonal birth control
- Perimenopause (the transition to menopause)
- Certain medical conditions, like fibroids or endometriosis
- Pregnancy or miscarriage

Pack extra panty liners to protect your underwear and uniform.