



Boy Scout Troop 127

# Backpacking Tip 14



## Peeing the Woods

Select a site that is 200 feet away from a water source, trail, or campsite.

“Based on World Health Organization and CDC [Center for Disease Control] research that has looked at urine, with most healthy people, urine is not a big deal. It's generally very harmless on the environment.” Urine is basically a sterile product and does not contain the pathogens found in feces. However, it does contain salts that do attract animals.

Avoid peeing on plants or trees that could be defoliated by animals attracted to the salt in urine.

Pick a spot with no plants. Bare ground is an ideal place. Thus the saying used by backpackers “Flat rocking it”.

Your urine output should be "clear and copious" or backpackers' shorthand “C and C”. Drinking enough water will keep you “C and C”.



World Health Organization