

## Toilet Paper Alternative!



The most-civilized Chinese invented toilet paper. I tell my Boy Scouts to carry a partial roll, without the cardboard cylinder, in a Ziplock plastic bag. I say, "When your toilet paper gets wet, you know you're going to have a bad day." To you, I'll say, "It will be a worse day, when you run out of toilet paper!" Unless - there's an alternative. And there is: A "squirt bottle!"

The alternative is a squirt bottle or "perineal cleansing bottle." Bottle size can vary, with 8 oz. adequate. Mine is an empty 22 oz. shampoo bottle. The bottle needs to be made of squeezable plastic, with a small hole at the top that can squirt, and a cap over the hole to prevent leaking. The contents of this bottle will clean your perineum. Don't know where that is? Go check the dictionary. Or guess!

To use the squirt bottle, fill it with warm water. You will not want to use icy cold water. (*Tried THIS in Alaska!*) For your ablution, point the bottle, and squeeze hard to squirt! If needed, you could pat yourself dry with dry grass or something.

Make your squirt bottle from a bottle that originally contained commercial contents. Use a bottle that contained food, drink, shampoo, etc. Avoid bottles that had oils, solvents, etc. The rule is, if you aren't willing to put the original product on a piece of toilet paper and put it you-know-where, don't use that bottle! Rinse any bottle clean before using it.

One advantage the squirt bottle has over toilet paper is that you can re-use it, again and again. Since it never actually touches your perineum, it is usually not contaminated by urine or feces. And if it does get contaminated, you can wash it.

You can also buy 8 oz. perineal cleansing bottles at a medical supply house, or online. If you want new, unused bottles, that's the way to go.

**Tip:** In winter, carry a full bottle in an inside jacket pocket to keep it warm!