

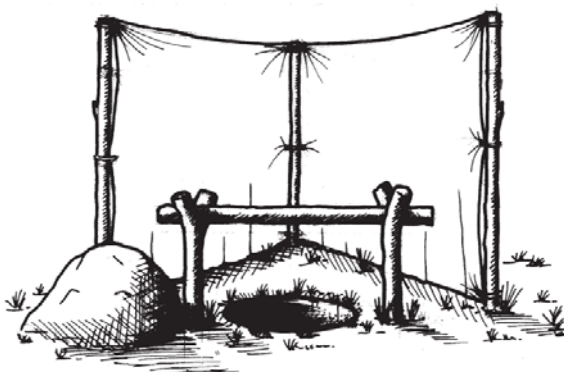
# Health and Hygiene

Personal cleanliness is very important during an expedition. Unless rigidly practised you may suffer physically in many ways, from sore feet to an upset stomach, which may prevent him from completing the expedition.

DO	DO NOT
Wash face, hands and feet and clean teeth every evening and the following morning, and use foot powder regularly.	Throw dirty washing water and other refuse anywhere except in the refuse pit.
Wash hands after visiting the latrine and before cooking a meal.	Relieve yourself in any way except at the latrine.
Change wet clothes when necessary.	Keep wet clothes on longer than is absolutely necessary. This may be until the night when you must have something dry in which to sleep.
Obtain drinking water from the source provided and then keep it clean. It may be necessary to obtain it from other sources on occasions but this is not to be done except under supervision.	Obtain drinking water from stagnant or slow running streams or from downstream from the washing area.
Cover cuts and sores after washing them.	Leave cuts and scratches to fester.

## Construction of a Latrine

1. A latrine will always be constructed in camp.
2. A hole in the ground not less than 1/2 metre deep is necessary.
3. Some form of seat or bar is desirable if time permits construction.
4. Earth should be piled to fill in the hole before leaving the site. When filled the site should be marked 'Soiled Ground'.



## Construction of a Refuse Pit

A pit about 600 mm (2 feet) deep and 600 mm (2 feet) square (depending on numbers) should be dug and the excavated soil piled beside it for infilling. Ensure that all unused food and swill is thrown into it and that it is filled in before departure. **On no account should it be used for rubbish of any description.** This must be placed in a sack or similar container and either returned to base by vehicle, or deposited in a proper refuse container or on a tip.