



## NO SHOWER?

### *Tips to clean up/freshen up after your walk, run, or ride...*

#### **Baby wipes**

A box of unscented wipes can go a long way. They will leave you clean and fresh. Easy, fast-drying, and quicker than an actual shower.

#### **Washcloth**

If you don't want to produce waste from the use of baby wipes, a small bundle of washcloths is another great option. Use a fresh washcloth every day. A quick wipe-down with a cold cloth will leave you feeling refreshed. Place the wet washcloth in a Ziploc bag or plastic bag to keep other items in your backpack dry during the day, or on your ride home.

#### **Baby powder**

Helps you feel dry, fresh, and comfortable by absorbing moisture.

#### **Deodorant**

Keep your choice anti-perspirant or deodorant in your backpack or office to cover up any lingering odor. Reapply as necessary.

#### **Travel size hair dryer**

This will help you dry wet or sweaty hair quickly.

#### **Dry shampoo**

No need for water because this oil-absorbing powder absorbs excess dirt and grease in your hair when a shower is not available.

#### **Extra clothing**

Don't just pack an extra shirt and pair of pants, pack an entire extra outfit. Underwear and socks too. Leaving sweaty clothes on is counterproductive.

#### **Fan**

A fan kept in your office and on your desk helps keep you cool and dry until your heart returns to its resting rate.

#### **Ice pack**

Holding an ice pack or cold drink against your head and/or neck will allow you to cool down quickly.

These are just ideas. Some of these tips may not be necessary or applicable for your scenario. Find what works for you and keep active.