

How to use the Extreme She-Wee on the water

So, the She-wee! Well, firstly mine's the 'extreme' version which just means it comes with a piece of pipe which fits on the end to extend your funnel - definitely recommended!

I've only used it in a double kayak, and I suppose you'd have to just try it in a single kayak and see if you feel stable enough but it would definitely be more difficult. Having said that, Andy never has to brace while I 'go' so I think with practice it would be ok. It does take a good bit of perseverance before you can get reliably good at the manoeuvre. It took me a couple of weeks really - just in time for our Irish Sea crossing!!

1. Wear unisex thermal leggings
2. No knickers - I just wash my leggings as often as I possibly can and carry a spare pair so usually have one or other clean
3. Fly zip in drysuit essential!

Do the business:

1. Turn boat into wind if at all choppy to avoid side-on wave splash possibility (easier to maintain in a double)
2. Connect paddle to leash and plonk in water beside boat out of the way
3. Undo spraydeck & fly zip of suit
4. Take she-wee out of case & place case under deckline
5. Position she-wee in through layers firmly against body further back than you'd think! - basically pointy end at the back needs to touch your bum!
6. The hard bit - try to obtain a slightly downward angle to she-wee and pipe - I push against the footrest just to lift my bum slightly off the seat.
7. Retrieve main part of case from deck and place tube end into funnel and pee into casement using good bladder control to stop when case is full!! Empty into sea and continue - usually about 3 cases worth! IMPORTANT: When finished peeing try to give extra tilt as last trickle otherwise stays in the funnel and then ends up in thermals. Yuk.
8. Wash casing and she-wee off in the sea.
9. Bacteria gel hands and wet wipe body if desired.

I really hope this helps as it has been brilliant for me on this trip but did take several weeks before I had a good, acceptable success rate.

She-wee also very good for using on land without fuss with fly zip suit and/or unisex thermal bottoms - just do it like a man - they've got it so easy!!

Please let me know how you get on in a single kayak as I paddle a single at home too so will want to try it.

WARNING: In a single you might prefer to do all this with someone else around in case of an accident!