

# Expedient Hygiene Kit, Type 45

The Type 45 Expedient Hygiene Kit was designed to allow soldiers and pilots who were in constrained or remote environments to take care of hygiene issues such as body cleaning, dental hygiene, deodorizing, and dealing with personal waste.

## History

First produced in [YE 45](#), the Type 45 Expedient Hygiene Kit was assembled to cater to the needs of pilots on extended missions, or soldiers in remote areas that do not have access to hygiene facilities, or are too constrained in space to be able to properly wash oneself. With articles intended to keep pilots and soldiers from smelling too bad, keep their mouths clean, and to help dispose of any liquid or solid bodily waste in a safe, sanitary manner. This hygiene kit was first used in the [Type 45 Pilot Sustainment Locker](#), it would later become available for issue to other units.

## Description

The Expedient Hygiene Kit, type 45 consists of a [Type 29 Butt Pack](#), which is filled with the following items:

- No-rinse body wipes: Contained in a re-closable package of 50 wipes, these pre-moistened wipes are designed for cleaning without the need for water or rinsing. They can be used to wipe down the face, neck, hands, and other areas of the body. They come in a variety of scents including vanilla, mint, berry, and other 'clean' smelling scents.
- Hand sanitizer: A small bottle of hand sanitizer which can be used to clean hands and help reduce the spread of germs.
- Dry shampoo: A bottle of dry shampoo powder which can be applied to absorb excess oil and dirt without the need for water. It can be easily combed or brushed out after use.
- Effervescent Mouthwash strips: For oral hygiene, Effervescent mouthwash strips can be used to freshen breath and maintain a clean feeling in the mouth. They are kept in a small plastic container which has 12 strips inside. When placed in the mouth, these strips will fizz up temporarily and can be churned around to help clean the teeth, gums, and tongue. Not as good as a toothbrush but better than nothing. Flavors vary but can include Mint, blueberry, strawberry, peach, and cinnamon.
- Organic solid/liquid waste pouches: 12 Pouches which have a soft, flexible opening made of a material that can stick to itself to be closed securely. Contained inside are scented desiccant beads which will absorb liquids and stabilize solid wastes, including vomit. These pouches are compact and hygienic for use in confined spaces.
- Disposable gloves: 12 pairs of gloves made from a thin, flexible hypoallergenic silicon rubber, these

disposable gloves help keep the hands clean when using the waste pouches, or just if desired when using other components of the kit.

- Small trash bags: 12 Small trash bags which are useful for disposing of used wipes, gloves, and other waste materials.

## Usage

Designed specifically for use by pilots, the Type 45 Expedient hygiene pack can be used by any soldier whose mission profile includes extended times away from normal hygiene facilities.

## OOC Notes

[Kai](#) created this article on 2023/04/02 10:34.

This was approved by [Andrew](#) on 2023/04/20<sup>1)</sup>.

<sup>1)</sup>  
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