

## To Pee or not to Pee

A number of very experienced soaring pilots have said that if you don't pee regularly during a summer cross country flight, then you aren't drinking enough water, and [dehydration](#) is the inevitable result.

There are a number of "P" options available, but the only ones that are acceptable from a safety point of view are those that don't require you to divert your attention inside the cockpit and hence away from lookout.

One simple solution requires two readily obtainable items:

1. URI-SURE penile sheath male external catheter medium 30mm No 874 (or larger if you want to boast!) - commonly called the Irish condom.

This can either be connected directly to a "pee tube" if one is installed in the glider, or attached to:

2. A Careline leg bag 750 ML short tube Ref 375118, strapped to your leg.

Both are available on order from any good pharmacy, and certainly from Harrison's Pharmacy Indooroopilly.

The two items look like this:

