



HIBERN Æ Æ N Æ RSE Æ WIRRAL

## viking toilets

**During the viking period we did not have toilets as we know them today. Vikings used more basic types of waste disposal. |**

If you had access to them the most common practice was the use of an outhouses or privies.

These small structures were outside the main living quarters and consisted of a seat over a pit or trench. These outhouses provided a means for waste disposal that minimized odours and maintained hygiene.

If you did not have the option of an outhouse you could use a log in your garden to sit on and do your business in a hole outside. Sometimes this method would utilise a modesty screen to crouch behind.

Toilet paper was unavailable 1000 years ago so the vikings relied on more basic methods to clean themselves.

Natural materials would be used to clean themselves after using the toilet. Moss, leaves, grass, wool, or even small stones were used for wiping. These materials would be readily available in the natural surroundings and served as functional alternatives to toilet paper.

Vikings were known to be more clean than the Anglo-Saxons and might have used water in their toilet hygiene processes as well as their frequent baths.

Archaeological radiocarbon dating of the faeces layer on found toilet areas can tell us a lot about what viking ate in the area they lived and the type of things they had living in their guts. Seeds, Pollen, grains can all be found in the ancient faeces.

