



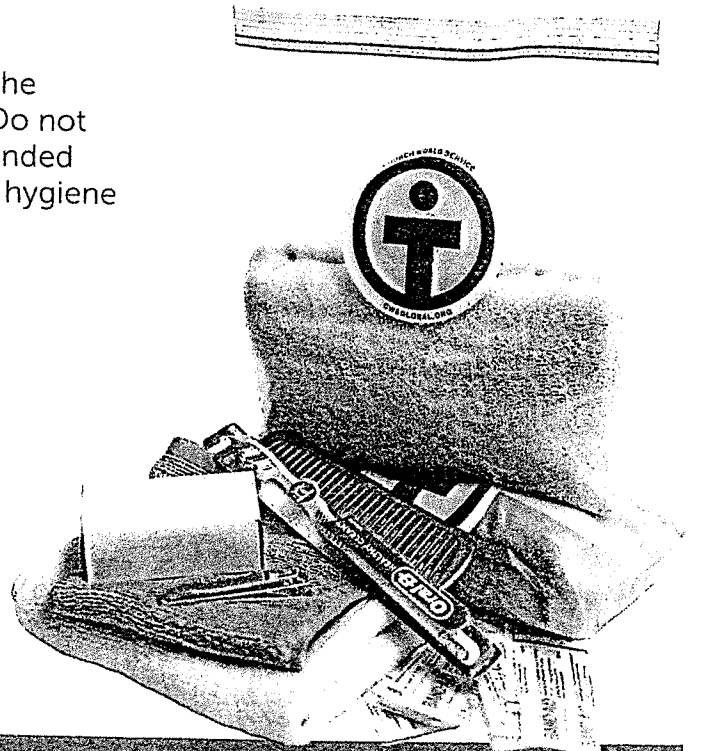
HYGIENE KITS LIST

When people are forced to abruptly leave their homes because of emergencies, they may not have time to pack the things they use on a daily basis like toothbrushes or soap. But after a few days without these items, they definitely miss them. Your hygiene kits offer a refreshing daily boost for someone when supplies are hard to come by. Please remember to send \$2/kit to CWS to cover the costs of processing.

SUPPLIES NEEDED:

- One 1-gallon Ziploc bag
- One hand towel measuring 15"x28" to 16"x32" (No fingertip, bath, dish, or micro-fiber towels.)
- One washcloth
- One wide-tooth comb removed from the package (Found at discount dealers like sallybeauty.com. Search for wide tooth pastel comb to see example)
 - Must be sturdy with at least 6" of teeth
 - No pocket combs or picks
 - Rattail and combs without handles are acceptable
- One fingernail or toenail clipper (Either one is acceptable. Remove from packaging.)
- One bath-size bar of soap in the original package
- One toothbrush in the original package
- Ten standard size Band-Aids

All items must fit inside the Ziploc bag. Remove the excess air from the bag and seal before boxing. Do not add any extra items or toothpaste. A tube of extended expiration date toothpaste will be added to each hygiene kit just prior to its journey.



VALUE: \$15 PROCESSING FEE: \$2 per kit



PERIOD PACK: MENSTRUAL HYGIENE KIT

Many of our neighbors live in period poverty—lacking access to necessary feminine care supplies. During the menstrual cycle, these hygiene materials are especially important to healthy practices. Not having supplies like sanitary napkins, tampons, soap and disposable plastic bags can create challenges that lead to unsafe and unsanitary conditions.

The CWS Period Pack gives women and girls the essentials they need to feel clean, be healthy and live with dignity during the menstrual cycle.

SUPPLIES NEEDED:

- One 1-gallon Ziploc bag
- Two 2 oz bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of Wet Ones
- Ten unscented tampons (5 regular, 5 super absorbency.)
- Ten unscented sanitary napkins (Long super ultra-thin.)
- One bath-size bar of soap in the original package (3 oz bar or larger. No Ivory or Jergen's soap.)
- One pack of flushable wipes (Unscented. 42 count.)
- Six laundry detergent sheets (place sheets in small Ziploc bag.)

ASSEMBLY TIPS

- Place all items in the plastic bag, remove air, and seal.
- All items must be new.
- Do not enclose personal notes, money, or extra items in the kits.

CWS Period Packs can be shipped to:

CWS

Brethren Service Center

60 Main Street

PO Box 188

New Windsor, MD 21776-0118

Or visit www.cwskits.org/depots to find a list of Kit Drop-off Locations around the country. Most locations are open in the spring or fall. Hours and days vary by location.



VALUE: \$25

PROCESSING FEE: \$2 per kit