Menstrual Health Kits

WHAT GOES IN A MENSTRUAL HEALTH KIT?

1 Gallon Plastic Bag
1 Bar of Soap (Unscented)
1 Washcloth
3 Pairs of Women’s Underwear (Small, Medium, Large, or X-Large)
1 Package Sanitary Napkins (12-count)
2 Nighttime Sanitary Napkins

PLEASE NOTE
- All items must be new.
- No powders or aerosols.
- Do not include money or personal notes.

ASSEMBLY INSTRUCTIONS
1. Please register your project online at convoyofhope.org/kits prior to packing.
2. Use packing tape to secure the lids of the liquid items.
3. Place kit items in the resealable plastic bag, and zip it closed.

PACKING INSTRUCTIONS
1. Assemble 8.25”H x 11”W x 15”L cardboard boxes with packing tape.
2. Fill each box with 6 completed kits.
3. Tape boxes closed.
4. Place the boxes onto the pallet as shown. The finished pallet should have five layers of 10 boxes for a total of 50 boxes.
5. Tightly shrink-wrap.
6. Further shipping instructions will be provided.

PACKING TOOLS
- 8.25”H x 11”W x 15”L Cardboard Boxes
- Tape and Tape Guns
- Box Knives
- Standard 48” x 40” Pallets
- Shrink Wrap
- Pallet Jack

SHIPPING ADDRESS
Further shipping instructions will be provided when you register your kits at convoyofhope.org/kits.

QUESTIONS?
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