



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.
- When packing the underwear, make sure all three pairs are the same size and please have the size on the tag clearly visible.

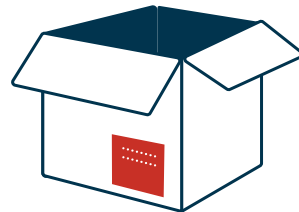
PROJECT INSTRUCTIONS



Scan here with your smartphone to register online.

1. Please register your project online at convoyofhope.org/kits prior to packing.
2. Gather materials.
3. Place kit items in the resealable plastic bag, and zip it closed.
4. Shipping is the responsibility of those packaging the kits.

Cardboard Box for Shipping



SHIPPING ADDRESS

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

QUESTIONS?

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