



### **Feminine Hygiene Kits**

Feminine Hygiene is critical to keeping women's bodies healthy, but extremely difficult for those living on the street. Below is an example of a simple feminine hygiene kit that you can assemble and donate to emergency women's and family shelters.

#### **In each kit you can add:**

- Bar of soap
- Shampoo
- Deodorant
- 5 Sanitary Napkins
- 7 Tampons

Line Ziploc bag with a sheet of tissue paper, for privacy, and place in each item. You can add a label to the front letting the recipient know who it's from, or a card inside with a positive message. Remember to take the same time and care while you put it together, as you would with a care package for someone in your own family.

#### **Possible local recipients:**

[Support the Girls](#)

[N Street Village](#)

[Covenant House DC](#)

[Wanda Alston Foundation](#)

...or find your local shelter!

#### **Supply Ideas:**

[Soap](#)

[Shampoo](#)

[Deodorant](#)

[Sanitary Napkins](#)

[Tampons](#)

\*Remember to always check that something is needed before delivery.



