



## Hygiene Kits

Hygiene is critical to keeping our bodies healthy, but extremely difficult for people living on the street. Below is an example of a simple hygiene kit that you can assemble and donate to emergency shelters. If donating to a women's shelter, you might consider adding feminine hygiene products.

### In each kit you can add:

- Bar of soap
- Shampoo
- Deodorant
- Toothpaste
- Toothbrush

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:

[N Street Village](#)

[Covenant House DC](#)

[Wanda Alston Foundation](#)

[Central Union Mission](#)

...or find your local shelter!

### Supply Ideas:

[Toothbrush](#)

[Toothpaste](#)

[Soap](#)

[Shampoo](#)

[Deodorant](#)

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

