

UMCOR MENSTRUAL HYGIENE KIT ("PERIOD PACK") 2023

- One one-gallon size re-sealable bag
- Two 2 oz. bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of wet ones
- 10 Tampons (5 regular and 5 super absorbency)
 - Unscented
- 10 Sanitary Napkins
 - Unscented
 - Long super ultra-thin
- Bath-size soap (3 oz. bar or larger)
 - No Ivory or Jergen's soap
 - Do not remove from packaging
- One pack of flushable wipes (42 count)
 - Unscented
- Six laundry detergent sheets
 - Laundry detergent sheets should be placed inside of a small plastic storage bag prior to being added to the kit.
- **The cost of the Menstrual Hygiene Kit has increased from \$14.00 to \$24.00.**



Assembly Directions:

- Start with a one-gallon resealable bag.
- Place one pack of the flushable wipes and wet wipes in the bag.
- Place three 4-gallon bathroom trash bags and the 10 sanitary napkins in the bag.
- Then, add the smaller items in the plastic bag, remove air, and seal.

Important Notes:

- All items must be new.
- Do not wash any of the items as they will no longer be considered new.
- Do not include any personal notes, money, or additional materials in the kits.
- Contents of kits or the containers of kits should not be imprinted with cartoon characters, advertisements, religious, patriotic, military or camouflage symbols.
- Complete two packing lists, one for the box and one for your records.
- Place the packing list on the outside of the box.
- Please make single check to **UFWNCC Treasurer** and send to **Bess Redmond**, 19 Wright's Cove Trail, Fairview, N.C. 28730. The check amount should cover the total number of kits times \$2.00 for the cost of shipping. On the memo line, please indicate that the funds are an additional donation to cover costs associated with relief supply kits.