

**MIDWEST**

disaster relief • education



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# PERSONAL DIGNITY KIT SHOPPING LIST

- 1 hand towel - no kitchen towels
- 1 washcloth - no dishcloths
- 1 toothbrush (no multipacks)
- 1 bar soap - 3-4 oz.
- 1 shampoo -12-19 oz.
- 1 deodorant - 2-3 oz.  
(stick, roll-on, or pump)
- 1 lotion - 8-10 oz.
- 1 1-gallon resealable plastic bag

