

MIDWEST

disaster relief • education



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FEMININE HYGIENE KIT SHOPPING LIST

- 1 hand towel - no kitchen towels
- 1 washcloth - no dishcloths
- 1 bar soap - 3-4 oz.
- 3 pairs of underwear (child size
10-14, women's size 5-8)
- 6 Day pads*
- 3 Night pads*
- 1 drawstring carrying bag*
- 1 waterproof bag*
- 1 one-handed cloth bag*

*to find patterns to these items visit

midwestmission.org/patterns