

MIDWEST

disaster relief • education



MISSION

health • micro business

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*
- (place all items in cloth bag)



*to find patterns to these items visit
midwestmission.org/patterns

**Scan the code to learn how
to assemble this kit!**

