



PERIOD PACK: MENSTRUAL HYGIENE KIT

UPDATED

For many women and girls, access to essential menstrual supplies is a daily challenge. CWS Period Packs provide the basics—sanitary napkins, soap and plastic bags—to help women and girls stay clean, safe and healthy. This year, we're asking for your help by including 12 long, ultra-thin sanitary napkins (an increase from 10 in previous years) to make the packs even more hygienic and effective in supporting women's dignity.

SUPPLIES NEEDED:

- One 1-gallon size re-sealable bag
- Two 2oz bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of Wet Ones
- 5 regular Tampons
- 5 super absorbency Tampons
- 12 Pads (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 (Unscented. 42 count)
- Six fragrance-free laundry sheets (placed in small, Ziploc bags)

ASSEMBLY TIPS

- Place all items in the plastic bag, remove air, and seal.
- All items must be new.
- Do not enclose personal notes, money, or extra items in the kits.



For more information, including where to ship or drop off your CWS Kits, how to support the Shipping and Processing Fund to help get CWS Kits to their final destinations, and answers to other Frequently Asked Questions, scan this QR code or visit cwskits.org.