



# PERIOD PACK: MENSTRUAL HYGIENE KIT

**NEW FOR 2022!** In many parts of the world, women and girls live in period poverty – lacking access to necessary feminine care supplies. During the menstrual cycle, these hygiene materials are especially important to healthy practices. Not having supplies like sanitary napkins, tampons, soap and disposable plastic bags can create challenges that lead to unsafe and unsanitary conditions.

Now you can help women and girls around the world living in period poverty. The CWS Period Pack gives women and girls the essentials they need to feel clean, be healthy and live with dignity during the menstrual cycle.

## SUPPLIES NEEDED:

- One one-gallon size re-sealable bag
- Two 2oz bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of wet ones
- 10 Tampons (Unscented. 5 regular, 5 super absorbency.)
- 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 (Unscented. 42 count)
- One travel sink-size laundry detergent (.25-.45 oz)

## 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.

CWS Period Packs can be shipped to:

**CWS**  
**Brethren Service Center**  
**60 Main Street**  
**PO Box 188**  
**New Windsor, MD 21776-0118**

Or visit [www.cwskits.org/depots](http://www.cwskits.org/depots) to find a list of kit depots around the country. Most depots are open in the spring or fall. Hours and days vary by location. A full list of depots will be posted on January 1, 2023.



VALUE: \$14

PROCESSING FEE: \$2 per kit