



# PERIOD PACK: MENSTRUAL HYGIENE KIT

Many of our neighbors 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.

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 1-gallon Ziploc bag
- Two 2 oz bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of Wet Ones
- Ten unscented tampons (5 regular, 5 super absorbency.)
- Ten unscented sanitary napkins (Long super ultra-thin.)
- One bath-size bar of soap in the original package (3 oz bar or larger. No Ivory or Jergen's soap.)
- One pack of flushable wipes (Unscented. 42 count.)
- Six laundry detergent sheets (place sheets in small Ziploc bag.)

## 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 Drop-off Locations around the country. Most locations are open in the spring or fall. Hours and days vary by location.



VALUE: \$25

PROCESSING FEE: \$2 per kit