

CWS Period Packs

Supports health and confidence.

Each kit includes menstrual supplies and hygiene items so everyone who needs them can care for their health with comfort and dignity.



SUPPLIES NEEDED:

Pack these items into one **1-gallon resealable plastic bag**.

- Two 2 oz bottles of hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel-size pack of antibacterial hand wipes (about 20 wipes, unscented)
- One pack of flushable wipes (unscented, 42 wipes or fewer)
- Five regular-absorbency tampons
- Five super-absorbency tampons
- Twelve sanitary pads (unscented)
- One bath-size bar of soap (3 oz or larger, in original wrapping; avoid Ivory or Jergens)
- Six fragrance-free laundry sheets (place in a small resealable plastic bag)

ASSEMBLY INSTRUCTIONS

Place all items inside the 1-gallon bag, remove excess air and seal tightly. All items must be new. Please do not include notes, money or extra items.

Value: \$25 **Processing Fee:** \$2 per kit



Ready to send your kits?

Scan for shipping info and drop-off sites.