



## Health Kit

Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. Health kits are also used as learning tools in personal hygiene, literacy, nutrition and cooking classes.

### **KIT CONTENTS**

Place these items inside a sealed one-gallon plastic bag.

**1 hand towel (15" x 25" up to 17" x 27", no kitchen towels)**

**1 washcloth**

**1 comb (large and sturdy, not pocket-sized)**

**1 nail file or fingernail clippers (no emery boards or toenail clippers)**

**1 bath-size bar of soap (3 oz. and up)**

**1 toothbrush (single brushes only in original wrapper, no child-size brushes)**

**6 adhesive plastic strip sterile bandages**

**\$1 to purchase toothpaste**

**\$1 toward shipment to Haiti**

(NOTE: UMCOR is now purchasing toothpaste in bulk to be added to health kits before shipping to ensure that the product does not expire before it is sent. Please include \$1 for each kit you send toward the purchase of toothpaste.)

### **Important Kit Assembly Information**

All items included in kits must be NEW items.

All emergency kits are carefully planned to make them usable in the greatest number of situations. Since strict rules often govern product entry into international countries, it is important that kits contain only the requested items—nothing more.

Do NOT include any personal notes, money or additional materials in the kits. These things must be painstakingly removed and will delay the shipment.

Please include \$2 in each kit: \$1 to be used toward the purchase of toothpaste, and \$1 to be used toward shipping.