



Make a Period Pack



Why Make Period Packs

The lack of access to menstrual hygiene products is a mostly unknown issue. Period products are necessities for females but are not available in many schools or shelters.

Lacking the ability to pay for period products can hinder a female's ability to attend work or school. Many women may have to choose between food and menstrual hygiene products.

Providing period products for women and girls in need helps restore their dignity and lessens the financial burden of those who struggle to afford sanitary products.

materials

- Menstrual Pads
- Tampons
- Liners
- Individually Wrapped Feminine Hygiene Wipes
- Quart Sized Ziploc bags
- Kitchen Garbage bags

conversation starters

- Do you have easy access to Menstrual Hygiene Products?
- Do you know that in only 11 states are Menstrual products tax exempt?
- Have you ever missed school or work because of your period?
 - Were you embarrassed?
- Have you ever run out of menstrual products when you needed them?
 - How did you feel?
 - Were you panicked or annoyed that you had to go out and get some?
 - Were you scared that you would possibly ruin your clothes going to buy some?

start a ripple of giving

- Hosting a Period Packing Party is a great way to have fun with family or friends while making a difference in a woman's or girl's life.



DIRECTIONS

1. There are three different client groups that have different needs when it comes to period packs. Choose a Period Pack to create and then collect the items needed for each pack.

a. Homeless Women and Girls living on the Street

- i. Five to Seven menstrual pads*
- ii. Five to Seven tampons
- iii. Seven liners
- iv. Seven individually wrapped feminine hygiene wipes**

b. Shelters, Refugee Center, Free Medical Clinics and Similar

- i. Five menstrual pads*
- ii. Five tampons
- iii. Five liners

c. Schools

- i. Seven menstrual pads*
- ii. Seven liners

*Please make sure the pads are menstrual pads and not designed for incontinence.

**Please include hygiene wipes and not alcohol wipes

1. Assemble the required items listed above and place them in a quart-sized Ziploc type bag.

2. Place all of your Period Packs into an unscented kitchen-size garbage bag. Include only one type of period pack in each garbage bag. Label what type of bags was created.

How to Donate

Check the Pebble Tossers Service Calendar for dates to donate your period packs or email volunteer@pebbletossers.org to set up a delivery date.

