



Menstrual Hygiene Kit Assembly Instructions

Access to menstrual hygiene products is essential for maintaining health, hygiene, and dignity. Without them, individuals may be forced to use products for too long or turn to unsafe alternatives, increasing the risk of infection and making it difficult to attend appointments, job interviews, school, and other activities that support stability and self-reliance.

Government assistance programs such as SNAP (food stamps), Medicaid, and WIC cannot be used to purchase menstrual products, despite them being essential health items.

Donating menstrual hygiene supplies is a meaningful and powerful way to support young people experiencing homelessness.

Each kit should include:

- 10 tampons (5 regular absorbency, 5 super absorbency)
- 10 sanitary napkins (pads)
- 5 liners
- 1 pack of flushable wipes

Additional donations can be added if they fit within this category, including:

- 2 oz. bottle of hand sanitizer
- 4-gallon bathroom trash bags
- Travel-size body wash
- Travel pack of Wet Ones or similar wipes

Assembly Instructions

1. Gather all items for one kit.
2. Place supplies inside a clear, gallon-size zip-top bag.
3. Remove excess air and seal the bag securely.

Clear gallon bags are ideal because they allow for easy storage and distribution, and many youth reuse them later. Reusable pouches or bags are also welcome.

Reach out to donations@youthlinkmn.org or 612-252-1280 for questions and to arrange a donation drop-off time/day.

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