

## **UMCOR**

### **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. When people gain the knowledge and materials to maintain personal hygiene, their overall health improves.

### **Contents:**

1 hand towel (from 15" x 25" up to 17" x 27")

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)

1 large tube of toothpaste (4.5 oz. or larger, expiration date must be 1 year or longer in advance of the date of shipment to UMCOR Sager Brown)

6 adhesive plastic strip sterile bandages

Place these items inside a sealed one-gallon plastic bag. It should cost around \$12 per kit. In a separate envelope, please send a check for at least \$1 for each kit to help UMCOR Sager Brown with the costs of processing and shipping kits around the world.

**Important:** Please do not include any religious, political or patriotic notes or emblems in any kit. All emergency kits have been carefully planned to make them as usable as possible in the greatest number of situations. Because of strict rules imposed by international communities regarding product entry into their countries, it is important that kits contain only the items requested and nothing more. Do not include any personal notes, money or additional materials. These things must be painstakingly removed and will impede the progress of the shipment. Please note that all items included in kits must be NEW!