

PNWUMC Disaster Response

Period Pack (“Menstrual Hygiene Kit”) Guidance

Thank you for supporting the PNW Conference Disaster Response mission! UMCOR and PNW Conference “Period Packs” are an integral part of our relief efforts for disaster survivors.

Here’s a link to an UMCOR video demonstrating how to assemble the kits. Below are the instructions: [UMCOR Menstrual Hygiene Kit - Global Ministries \(umcmmission.org\)](http://umcmmission.org) The PNW Conference follows the same protocol as UMCOR when assembling our kits.

Assembly Instructions:

- Start with a one-gallon resealable bag.
- Place one pack of the flushable wipes and wet ones in the bag.
- Place three 4-gallon bathroom trash bags and the 10 sanitary napkins in the bag.
- Then, add the smaller items in the plastic bag, remove air, and seal.

Guidance:

- All items must be new.
- Do not wash any of the items as they will no longer be considered new.
- Do not include any personal notes, money, or additional materials in the kits.
- Contents of kits or the containers of kits should not be imprinted with cartoon characters, advertisements, religious, patriotic, military or camouflage symbols.

Boxing Instructions:

- **Pack only in a "banker's box" size at 10"x12"x15"**. Our storage sites and transportation planning are contingent upon this box. The boxes are easy to find - Costco, Lowes, Walmart, Amazon, etc have these in stock.
- Mark the type of kit, the number of kits in the box and the date on the outside of the box to help with inventory management and rotation.

“Period Pack” Materials:

- **One one-gallon size re-sealable bag**
 - Two 2oz bottle hand sanitizer
- **Three 4-gallon bathroom trash bags**
- **One travel pack of Wet Ones**
- **10 Tampons** (5 regular and 5 super absorbency)
 - Unscented
- **10 Sanitary Napkins**
 - Unscented
 - Long super ultra-thin
- **Bath-size soap (3 oz. bar or larger)**
 - No Ivory or Jergen’s soap o Do not remove from packaging.
- **One pack of flushable wipes** (42 count)
 - Unscented
- **Six laundry detergent sheets**

- Laundry detergent sheets should be placed inside of a small plastic storage bag prior to being added to the kit.



Questions? Please contact Kathy Bryson, PNWUMC Conference Disaster Response Coordinator, brysonpnw@gmail.com 509-539-2978 or Kevin Hamilton, PNWUMC Conference Regional Supply Coordinator, pineridgewa@gmail.com 509-261-0628.