

# Mission Central UMCOR Health Kit Instructions— Page 1

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. **All items must be new.** Do not wash any of the items as they will be considered used. Please remove all packaging except for toothbrushes and soap. 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 or additional materials in the kits. These things must be painstakingly removed and will delay the shipment.

ITEM	QUANTITY	NOTES
Good quality hand towel	1	Kitchen, cleaning, and microfiber towels are <i>not</i> acceptable Cut and remove all tags. Please ensure towel is dry.
wash cloth	1	Adult size, no microfiber cloths please. Please ensure wash cloth is dry.
comb	1	Please remove from packaging. Comb needs to be sturdy; no pocket combs or picks, please; rattail combs and combs without handles are acceptable
metal nail file OR clipper	1	<u>Remove</u> from packaging or baggies - wrap in wash cloth Please do not remove UPC sticker—this leaves a sticky residue. No sand paper emery boards or toenail clippers, please
bath size soap	1	3 oz. and larger sizes only; all brands acceptable except Ivory, Lisa, and Jergens soap. Do not remove from original packaging.

*~ Please see other side of sheet for continued instructions ~*

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ITEM	QUANTITY	NOTES
toothbrush	1	Adult size only; Do not remove from original package, which must be completely sealed (not taped shut) Dental ads are ok.
adhesive bandages	6	3/4" to 1" width, common household band aids. Do not use small or large band aids.
plastic bag	1	one-gallon size, sealable bags only

**Please include \$1.00 to purchase toothpaste.**

Lay out the hand towel flat on a table. Lay the wash cloth flat in the center of the hand towel. Place all remaining items on top of the wash cloth. Fold over the sides of the hand towel to cover all of the items. Grasp the bundle of items tightly and fold over the remainder of the hand towel tightly. Place the folded bundle in the plastic bag. Remove as much air as possible and seal the bag.