

# HEALTH / HYGIENE KIT ASSEMBLY INSTRUCTIONS

(Kit approximate cost: \$15 per kit / \$2.00 will be sent with each kit to purchase toothpaste in a separate mailing envelope)

**Materials needed:** (Note: All items must be new and do not wash any of the items)

- One comb
  - ✓ Must be sturdy.
  - ✓ Teeth at least 4-7 inches
  - ✓ No pocket combs or picks
- One toenail or fingernail clipper (no metal nail files)
- Bath-size soap (3 oz. bar or larger) (note: No fragrances like Ivory or Jergen's soap)
  - ✓ Keep in original packaging.
- One adult toothbrush
  - ✓ Keep in original packaging.
- 10 adhesive bandages (¾ by 3 inches)
  - ✓ Can consist of common household bandages.
- One one-gallon size re-sealable bag
- One hand towel (15 x 25 –17 x 27 inches)
  - ✓ No Kitchen or Microfiber or cleaning towels
- One washcloth
  - ✓ No Kitchen or Microfiber or cleaning towels

## Instructions for Assembly of kits

1. Lay hand towel flat on a table.
2. Lay the washcloth in the center of the hand towel.
3. Place all remaining items on top of the washcloth (except the plastic bag).
4. Fold the sides of the hand towel to cover the items.
5. Grasp the bundle tightly and roll over the remainder of the towel.
6. Place the tightly rolled bundle in the plastic bag, remove air, and seal.