



HYGIENE KITS

CHECKLIST:

BASIC KITS

- __ CUTE TOILETRY BAG
- __ TOOTHBRUSH
- __ IN PACKAGING
- __ TOOTHPASTE
- __ BRUSH OR COMB
- __ STURDY PLASTIC BRISTLES FOR THICK OR CURLY HAIR
- __ DEODORANT
- __ FEMININE HYGIENE PADS FOR TEEN GIRLS

FOR DELUXE KITS: ADD ANY OF THESE:

- __ LIP BALM OR GLOSS
- __ SHAMPOO /CONDITIONER
- __ HAIR ACCESSORIES
- __ EMORY BOARD
- __ NO CLIPPERS OR SCISSORS!
- __ DENTAL FLOSS
- __ ROLLS, NOT TYPE ON POINTY PLASTIC STICKS
- __ BODY WASH
- __ LOTION
- __ NAIL POLISH
- __ SUNSCREEN
- __ HAND SANITIZER & MASK
- __ NOTE OF SUPPORT



NOTHING SHARP OR EDIBLE

THANK YOU FOR HELPING FOSTER YOUTH FEEL SPECIAL & BEAUTIFUL

SLIDE TO NEXT PAGE FOR ADDITIONAL TIPS AND LESSONS WE'VE LEARNED ALONG THE WAY

HYGIENE KIT TIPS

Hope in a Suitcase

QUALITY OVER QUANTITY:

We would rather have 10 lovely and perfect kits than 100 of lesser quality. Generally, 99c or Dollar Stores have acceptable quality. A basic kit usually prices at a minimum of \$5 each.

For Toothpaste / Toothbrush: Please stick with brand names you recognize and would use yourself or give to your own children. If you can buy 200 tubes of toothpaste for 20 dollars online, or if the toothbrushes are “disposable” the children we serve will not want to use it and will not feel special receiving it. 😊 “Freshmint” brand is not sufficiently high quality for toothpaste or toothbrushes.

Hair & Skincare Products: Due to systemic and financial inequalities, over 2/3 of the youth we serve identify as Latinx or African-American. Please keep this in mind when choosing self-care products. Very fine-toothed “disposable” combs will not be useable.

Cheerful packaging can make ALL THE DIFFERENCE! Definitely something more special than a paper bag or a ziplock bag. Please do NOT use drawstring bags with long cords as they present a self-hurting hazard!

PURCHASE NEW items - no "regifts" please: We ask that you do NOT do a collection drive for the items that go into hygiene kits. If reaching out to friends to contribute, it is better to request complete kits (don't forget to do quality control!!!) or cute toiletry BAGS, or ask that they pitch in financially so that the organizer can combine small contributions to source and purchase all new products. Items that have been saved from travels, airline giveaways and products at the bottom of a drawer have usually seen better days, Some are expired or have even been opened and leak onto other items we pack. This is not the message we are trying to send!

Complete Kits Only please: Please do NOT donate loose toiletries to us. We unfortunately do not have the manpower to sort and assemble kits from a collection box, and we do not have the space to store excess or overflow toiletries.

Keep Notes of Support Simple: Please limit text to universal messages: “You Are Beautiful”; “You Are Special”; “You Are Amazing”; “You Are Brave”; “You Are Strong”; “You Rock!”; “You Are Loved.” Youth note-writers can get creative by adding a cheerful, colorful artwork or cute stickers. NO HOLIDAY THEMED MESSAGES, PLEASE - Kits prepped in November may not be distributed to children until February.

Box & Label It: If you are delivering many kits, please box and label the box “Hygiene Kits” specifying Type (“Teen Girl” “Teen Boy” “School Aged Girl” or “School Aged Boy”) and Quantity.

Delivery: Email info@hopeinasuitcase.org for shipping address or delivery arrangements.

THANK YOU!