

FIRST PERIOD KIT INSTRUCTIONS:

Bags should be approximately 6" x 9" and have a closure (zipper, button, snaps)

Inside the bag:

- ♥ 3 regular pads
- ♥ 2 overnight pads
- ♥ 5 liners
- ♥ 2 light tampons
- ♥ an encouraging handwritten note
- ♥ optional extras: purse-size hand sanitizer, wipes, lip balm, chocolate

Thank you! Your kits may be delivered to the warehouse at 6141 Etzel, or contact Ambassador Deb Grupe at 314-583-4159 or deb.grupe@gmail.com

