

## Health Kit Recipe

**1 hand towel**-15" x 25" to 17"x 27" kitchen, cleaning and microfiber towels not acceptable

**1 washcloth 1 comb**-comb needs to be sturdy no pocket combs or picks please rattail combs and combs without handles are acceptable

**1 metal nail file or clipper**-no emery boards or toenail clippers please

**1 bath size soap**-3 oz. and larger sizes only do not remove from original packaging

**1 toothbrush**-adult size only do not remove from original packaging

**6 adhesive bandages**-3/4" to 1 " size common household band aids

**1 plastic bag**-one gallon size sealable bags only

**\$1.00 to purchase toothpaste**

Assembly Directions Set the \$1.00 for toothpaste aside to be included in a separate envelope. Lay out the hand towel flat on a table. Lay the washcloth 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. Fold over one end of the hand towel so that it covers all of the items. Grasp the bundle of items tightly and roll over the remainder of the hand towel tightly. Place the tightly rolled bundle in the plastic bag. Remove as much air as possible and seal the bag.

Important Notes - All items must be new. - Do not wash any of the items as they will be considered used. -Please remove all packaging. - 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, money or additional material in the kits. These things must be painstakingly

removed and will delay the shipment.- **UMCOR is now purchasing toothpaste in bulk to be added to health kits before shipping to ensure that the product does not expire before they are sent. Do not put single dollar bills in each kit.**