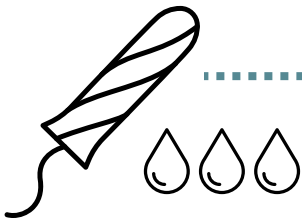
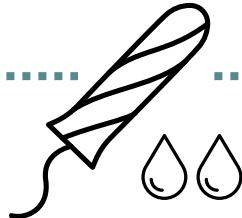


Your menstrual care kit checklist...



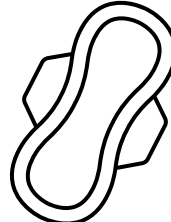
7

**Super-absorbency
Tampons**



7

**Regular
Tampons**



7

**Overnight Pads
with Wings**



1

**Travel Pack
of Body Wipes**

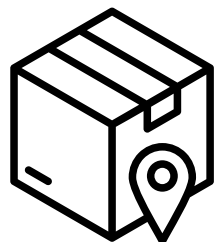
Please note: All items must be new · unscented items only



Project Instructions

1. Register your project at
ChangeLives.org/Kit-Reg
2. Gather supplies
3. Pack in clear, 1-quart resealable bags
4. Ship to or drop off at a Chrysalis location

Shipping/drop-off instructions will be provided upon completion of project registration



Drop-off locations: Downtown Los Angeles · Inland Empire
Orange County · Santa Monica · San Fernando Valley

Questions:
Development@ChangeLives.org