

# How to pack an MCC relief kit



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Updated 09/19



## 1. Packing list

Make sure you have all the items required and lay them out.

- ☐ 4 large bars laundry soap
- ☐ 4 large bars bath soap
- ☐ 4 new bath towels (medium weight, dark or bright colors; approximately 28 in x 50 in)
- ☐ Shampoo (1–2 bottles, totaling more than 20 oz; place in resealable plastic bag)
- ☐ 4 adult-sized toothbrushes (in manufacturer's packaging)
- ☐ 2 wide-toothed combs (6–8 in)
- ☐ **THIN** sanitary pads (1–2 packages, minimum 28 pads total)
- ☐ 1 box adhesive bandages (minimum 40, assorted)
- ☐ 1 nail clipper (good quality)
- ☐ 5-gallon plastic bucket



Place four (4) large bars of laundry soap in the bucket. Leave them in the original wrapper. Popular brands include Sunlight, Fels Naptha, or Zote.

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### 3. Bath soap

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## 4. Shampoo

### One or two (1-2) bottles shampoo.

Place one or two (1-2) bottles of shampoo totaling more than 20 oz in a resealable plastic bag. Place the bag inside one of the towels and roll it up. Place the shampoo and towel in the bucket.

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## 5. Towels

### Four (4) new bath towels.

Roll up the remaining towels. Make sure they are medium weight, approximately 28 in x 50 in and dark or bright colors. Place them in the bucket.



## 6. Toothbrushes

### Four (4) new adult toothbrushes.

Keep the toothbrushes in the manufacturer's packaging. Place the four (4) toothbrushes in the bucket.



## 7. Combs

### Two (2) wide-toothed combs.

Make sure the combs are 6–8 in.  
Place the two (2) combs in the bucket.

## 8. Sanitary pads

**One or two (1-2) packages THIN sanitary pads.**



Make sure the package(s) contain a minimum of 28 sanitary pads total. Place the package(s) of sanitary pads in the bucket.

## 9. Adhesive bandages

**One (1) box adhesive bandages.**



Make sure the box contains a minimum of 40 adhesive bandages in assorted sizes. Place the box of adhesive bandages in the bucket.



## 10. Nail clipper

### One (1) good-quality nail clipper.



Place the nail clipper in the top of one of the rolled towels in the bucket.

## 11. Review

### Review your items.



Review that you have all of the correct items in your bucket. Do not place the lid on the bucket yet. Your bucket will be reviewed before it is sealed and shipped.

**Thank you for  
packing a relief kit!**