

Health Kit List & Packing Instructions

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 and longer than 6", no pocket combs or picks, please

1 metal nail file or clipper - no emery boards, please

1 bath-size soap - 3 oz. and larger sizes only, no Ivory or Jergens soap due to moisture content, do not remove from original packaging

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

6 adhesive bandages - ¾" to 1" size, common household Band-Aids

1 plastic bag - one-gallon size sealable bags only

1 toothpaste - not too large

Assembly directions

1. Lay the hand towel flat on a table.
2. Lay the washcloth flat in the center of the hand towel.
3. Place all remaining items on top of the washcloth.
4. Fold over the sides of the hand towel to cover all of the items.
5. Fold over one end of the hand towel so that it covers all of the items.
6. Grasp the bundle of items tightly and roll over the remainder of the hand towel tightly.
7. Place the tightly rolled bundle in the plastic bag.
8. 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.