



REFUGEE HYGIENE KIT

The International Rescue Committee provides opportunities for refugees to thrive in America. Each year, thousands of refugees are invited by the U.S. government to seek safety and freedom. Forced to flee conflict or persecution, many have survived for years against incredible odds. They step off the plane with next to nothing but their dignity, hope, and determination. Refugee Hygiene kits and the other items listed below help to provide families with the basic essentials to start their new lives in the USA.

(Percentage of total kits needed: e.g. out of 100 donated kits, the ideal numbers would be: 50 bedding kits, 20 school kits, 20 kitchen kits and 10 bathroom kits)

HYGIENE KIT:

- Toothpaste
- Toothbrush
- Floss
- Mouthwash
- Shampoo
- Conditioner
- Body soap
- Hand soap
- Deodorant
- Lotion
- Comb/brush
- Q-tips/cotton balls
- Pads/tampons
- Toilet paper
- Wipes
- Tissue
- Hand sanitizer

Bedding Kit (50%)

- Full sheets & blanket, 1 Set
- Twin sheets & blankets, 2 Sets
- 4 pillows and pillowcases

School Kit (20%)

- Backpack
- Notebook
- Pens and pencils
- Highlighters

Kitchen kit (20%)

- 1 Cooking pot
- 1 Frying pan
- 1 Baking dish
- 1 Mixing/serving bowl
- 1 Set of kitchen utensils
- 1 Can opener

Bathroom kit (10%)

- 4 Washcloths, hand towels, and bath towels
- 1 Bottle of shampoo
- 1 Bottle of conditioner
- 4 Toothbrushes
- 1 Tube of toothpaste
- 1 Stick of deodorant
- 1 Hand Soap

Other Current Needs:

- Old/Recycled Phones
- Old/Recycled Laptops
- Used bikes
- Bedframes (Twin & Full) Old/New
- Grocery Gift Cards (\$100 – Target, Safeway, Walmart, Trader Joe’s, Costco) [Note: this empowers refugees to purchase items for themselves]

****New Mattresses are our most urgent need right now – could raise funds to purchase mattresses from Ikea****

- [Ikea Full Mattress](#) (\$179 each)
- [Ikea Twin Mattress](#) (\$129 each)