

Health Kit Instructions

Value: \$12 per kit

Place these items inside a sealed one-gallon plastic bag.

- 1 hand towel (15" x 25" up to 17" x 27", no kitchen towels)
- 1 washcloth
- 1 comb (large and sturdy, not pocket-sized)
- 1 nail file or fingernail clippers (no emery boards or toenail clippers)
- 1 bath-size bar of soap (3 oz. and up)
- 1 toothbrush (single brushes only in original wrapper, no child-size brushes)
- 6 adhesive plastic strip sterile bandages

Important Kit Assembly Information

- Please include \$2.00 cash with each health kit - \$1 for shipping and \$1 for toothpaste (UMCOR is now purchasing toothpaste in bulk to be added to health kits before shipping to ensure that the product does not expire before it is sent.)
- All items included in kits must be NEW items.
- 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 materials in the kits. These things must be painstakingly removed and will delay the shipment.

All types of kits are needed; instructions are available in the Ministry Center or visit the UMCOR website: <http://new.gb-gm-umc.org/umcor/getconnected/supplies/>

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