

**COLLECTION OF HEALTH KITS**  
**AT ANNUAL CONFERENCE - HOFSTRA University**  
**Kits will be shipped to the UMCOR depot on JUNE 10, 2016**  
**If you miss the above deadline, please mail health kits to:**  
**Mission Central, 5 Pleasant View Drive. Mechanicsburg, PA 17050. Phone 717-766-1533**

**Health Kit - Sustaining Everyday Life**

Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. Health kits are also used as learning tools in personal hygiene, literacy, nutrition and cooking classes.

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

- **1 hand towel (15" x 25" up to 17" x 27"**,  
Kitchen, cleaning and microfiber towels not acceptable
- **1 washcloth**
- **1 Comb**  
Comb needs to be sturdy and at least 8" long.  
No pocket combs or picks please  
Rattail combs and combs without handles are acceptable
- **1 Metal nail file or clipper**  
No emery boards or toenail clippers please
- 1 bath size soap  
3 oz. and larger sizes only  
No ivory 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**  
 $\frac{3}{4}$ " to 1"-size;  
Common household Band-Aids.
- **1 plastic bag**  
One-gallon size sealable bag only.
- **\$1.00 to purchase toothpaste**



## **Assembly Directions**

**Set the \$1.00 for toothpaste aside to be included in a separate envelope. Lay out the hand towel flat on a table. Lay the washcloth flat in the center of the hand towel. Place all remaining items on top of the washcloth. Fold over the sides of the hand towel to cover all of the items. Fold over one end of the hand towel so that it covers all of the items. Grasp the bundle of items tightly and roll over the remainder of the hand towel tightly. Place the tightly rolled bundle in the plastic bag. 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, unless otherwise specified.**
- **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.**
- **UMCOR is now purchasing toothpaste in bulk to be added to health kits before shipping to ensure that the product does not expire before they are sent. Do not put single dollar bills in each kit.**
  - **Send shipment money \$1 per kit. Make checks to NYAC / health kits**
    - **20 Soundview Ave, White Plains, NY 10606**