



Health & Wellness Neighbor Kit

One kit includes:

CORE ITEMS

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Bar Soap
- ☐ Shampoo
(travel or small size)
- ☐ Deodorant
- ☐ Feminine hygiene
products

OPTIONAL ITEMS

- ☐ Hand sanitizer
- ☐ Lotion
- ☐ Umbrella



Don't forget to take
Pictures and tag them using
#GlobalRefugeNeighborKits.

You can also send pictures or questions
to outreach@globalrefuge.org.

Thank you for partnering with Global Refuge to provide items our immigrant and refugee neighbors need as they rebuild their lives in our communities.

By downloading this checklist, you've already taken the first step. Here you'll find everything you need to purchase, pack and ship essential items refugee families need most.

Here's how to get started:

- 1. Determine how many Neighbor Kits you'd like to pack.**
Then, register them at globalrefuge.org/NeighborKits. We will send you a confirmation email with a mailing address for shipping.
- 2. Purchase at least one of each core item on the list for each of your kits.** For example, if you're sending 20 kits, you must purchase 20 of each core item. Optional items are welcome, but not mandatory.
- 3. To keep kits organized and ready for distribution, please purchase bags to hold each complete kit.**
Suitable options include: Handled paper bags, plastic retail bags, large zipper bags (3-gallon or similar), or small cardboard boxes.
- 4. As you pack each individual kit, check the boxes on the left to indicate which items you have included, and place this printout inside the bag with the items.** You may need to print multiple copies of this sheet.
- 5. Place your kits into large shipping boxes and send to the address in your confirmation email.** Thank you for paying for shipping!

Questions?

globalrefuge.org/NeighborKits

Health & Wellness Neighbor Kit



Toothbrush



Toothpaste



Bar of Soap



Deodorant



Shampoo (Travel Size)



Feminine Hygiene Products



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