



Hygiene Kits

Sharia's Closet provides customized hygiene kits to participants depending on their needs and circumstances. We need hygiene kits for the following groups: men, women, children, and infants/toddlers. You can choose which type of hygiene kit to make.

How to create a personal hygiene kit

- Start with a quart or gallon size Ziploc bag. Using a Sharpie, label the bag with the appropriate category: Men, Women, Child (Boy or Girl), Infant/Toddler
- Place the largest items in the bag first
- Keep bottles containing liquid standing upright to minimize leaks
- The Ziploc bag must close without aid from a stapler or tape

What's in a hygiene kit?

Travel sized or smaller sized items are preferred to larger volume containers. Below is a list of **suggested items** but not all items are required. You may customize.

Item	Men (12+ up)	Women (12+ up)	Children (ages 4-11)	Infant/Toddler (ages 0-3)
Bar Soap or Bodywash	X	X	X	X
Washcloth	X	X	X	X
Shampoo	X	X	X	X
Conditioner		X	X	
Comb and/or Hairbrush	X	X	X	X
Toothbrush	X	X	X	X
Toothpaste	X	X	X	X
Plastic Toothbrush Case	X	X	X	X
Dental Floss	X	X	X	
Deodorant	X	X		
Razors, Plastic Disposable (2)	X	X		
Shaving Cream	X			
Additional ITEMS		Tampons, Regular		Baby Wipes
		Maxi Pads, Regular		Baby Powder
				Diaper Cream
OPTIONAL ITEMS				
Hand & Body Lotion	X	X	X	X
Package Facial Tissue	X	X	X	
Plastic Soap Box	X	X	X	
Mouthwash, alcohol free	X	X		
Lip Balm	X	X		
Note of encouragement	X	X	X	