

Period Pouches

Period Pouches include a variety of menstrual products, including pads, tampons, and liners for people experiencing homelessness and hygiene insecurity. Below is a list of contents for each pouch with links to examples of products. Run a drive to collect these items and assemble the packages together with your employees, colleagues, church members, classmates, or family. You do not necessarily need to buy the specific brands linked here; please feel free to shop for similar items at your preferred retailer.

Period Pouches Contents

- [Reusable zipper pouch](#)
- 4+ [liners](#)
- 4+ [pads](#)*
- 4+ [tampons](#)*

**Please feel free to include more than 4 of each item depending on your supplies and the number of pouches you plan to assemble!*

Please note: All contents must be brand new.

