## Hygiene Service
### Guest Wishlist

### Essential
- Underwear
- Socks
- Deodorant
- Razors
- Toothbrush + Toothpaste
- First-Aid
  - Gauze
  - Band-Aids
  - Alcohol
  - Medical Tape
- Q-Tips
- Single-Use Hygiene
  - Conditioner
  - Lotion

### Desireable
- Hand Sanitizer
- Hairbrushes/Combs
- Finger/Toenail Clippers
- Body Scrubbers
- Mouthwash
- Pants, Jeans, Sweats
- Wet Wipes
- Nail Files
- Single-Use Hygiene
  - Body Wash
  - Shampoo
  - Bar Soap
- Feminine Hygiene

### Optional
- T-Shirts
- Sunscreen
- Shower Caps
- Shaving Cream
- Floss
- Shoes
- Shower Sandals
- Backpacks
- Mini Sewing Kits
- Emergency Blankets
- Hair Gel
- Hairspray

Questions? Contact us at info@lavamaex.org
Hygiene Kit Making

You have the option of creating personal hygiene kits for our grateful shower guests. It's easy to organize and makes an incredible difference in their ability to stay clean between showers with us. To kick off your effort, follow these simple steps:

- **Plan how many hygiene kits you’d like to make with your group.**
  
  Estimate 100 kits/an hour for a group of 15 people. Purchase or get donations for the items below. Please note, regular sized items, especially shampoo/conditioner and lotion is hard for people to carry around. Travel size only and all new/unused, please.

- **Assemble hygiene kits with your team; begin by separating hygiene items by type.**
  
  Once the items are separated by type, create an assembly line and package each item into gallon sized plastic bags, or re-usable totes and *package them into boxes.

  *Pro Tip: Seal up the plastic bags 2/3 of the way, and roll the items over to rid the air and seal immediately. You'll be able to package more kits into each box!

- **Schedule a drop-off, or ship boxes to any of our office/warehouse locations.**
  
  LavaMaex has drop-off and shipping locations in San Francisco, Alameda, and Los Angeles. Shipping and drop-off location depends on the size of the donation. We'll accept boxes of 5 or fewer in San Francisco, Alameda, and Los Angeles, and five or more boxes in Alameda and Los Angeles only. Be sure to contact us to schedule drop off, and send shipping information to our e-mail address below.

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**Hygiene Kit Essentials**

- Shampoo
- Liquid Body Wash
- Conditioner
- Lotion
- Razors
- Deodorant
- Toothbrush + Toothpaste
- Floss + Mouthwash
- Hand Sanitizer
- Q-Tips
- Nail Files
- Socks
- Underwear
- Hairbrushes/Combs
- Mini Sewing Kits
- Sunscreen
- Wet Wipes
- Emergency Blankets

*Travel sized only, not all required*