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 **Menstrual Hygiene Management (MHM) in Emergencies**



 **Types and content of IFRC Menstrual Hygiene Management Kits (A, B and C)**

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| **Type of MHM Kit**  | **Items**  |
| **Kit A (Disposable)**  | 2 Packs of Disposable sanitary pads, normal (8 pads per pack)  |
| Plastic bucket, 6 Litres, with lid  |
| Bio-degradable plastic bags, 8 - 10 Litre size, non-transparent, black  |
| 220 grams personal bathing soap  |
| Underwear, 100% cotton, not white, Medium size  |
| Underwear, 100% cotton, not white, Large size  |
| Use, care and disposal instructions (Kit A - disposable)  |
| Polyethylene storage bag, with drawstring  |
| **Kit B (Washable**)  | 1 pack of reusable sanitary pads (e.g. AFRIpads) which included 5 absorbing liners (3 winged pads + 2 straight pads)  |
| Plastic bucket, 6 Litres, with lid  |
| 4-meter length plastic coated rope  |
| Plastic pegs, pack of 8  |
| 350 grams laundry soap  |
| 220 grams personal bathing soap  |
| Underwear, 100% cotton, not white, Medium size  |
| Underwear, 100% cotton, not white, Large size  |
| Use, care and disposal instructions (Kit B - reusable)  |
| Polyethylene storage bag, with drawstring  |
| **Kit C (Disposable &** **Washable)**  | Plastic bucket, 7 Litre capacity, with lid, solid color  |
| Disposable sanitary pads, regular absorbency, pack of 10  |
| Small plastic bags (bio-degradable), 1 - 2 L capacity, thin with handles, non-transparent, black  |
| 1 Pack of reusable/washable sanitary pads (e.g. AFRIpads)  |
| Plastic coated rope, 4-meter length  |
| Plastic pegs, pack of 8  |
| 350 grams laundry soap, bar  |
| 220 grams personal bathing soap, bar  |
| Underwear, 100% cotton, not white, Medium size, with elastic waistband  |
| Underwear, 100% cotton, not white, Large size, with elastic waistband  |
| Use, care and disposal instructions (Both Type A Disposable and Type B Reusable/Washable)  |