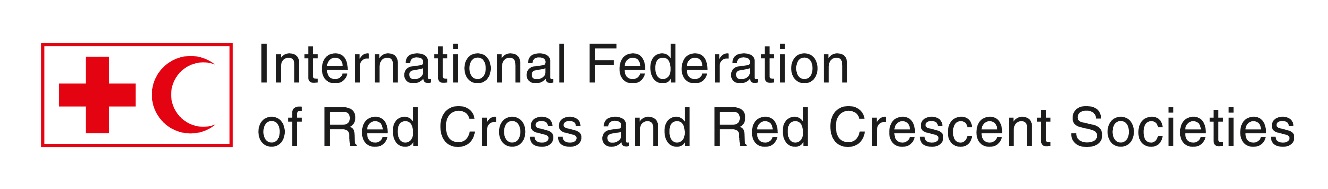
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**Menstrual Hygiene Management (MHM) in Emergencies**



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

|  |  |
| --- | --- |
| **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) |