**EHER Donation List**

**Menstrual Products:**

* Menstrual pads (various absorbencies)
* Menstrual cups (if appropriate and available)
* Reusable cloth pads (if feasible)

**Wipes and Hygiene Supplies:**

* Wet wipes or sanitary towelettes
* Toilet paper
* Hand sanitizer

**Soap and Cleansing Products:**

* Bar soap or liquid soap
* Small Washcloths
* Disposable or reusable sanitary bags

**Underwear:**

* Clean, new underwear (various sizes)
* Disposable pants
* Incontinent Pad and Disposable diapers for children 6-18 years old

**Oral:**

* Toothpaste
* Toothbrush

**Educational Materials:**

* Pamphlets or brochures on menstrual hygiene
	+ Simple pictures posters
* Information on proper disposal of menstrual waste

**Reusable Bags:**

* A reusable and discreet bag for carrying and storing menstrual supplies.
* fabric remnants or textile scraps, typically from previous projects or manufacturing processes. These remnant materials may also be sourced for crafting projects.

If you would like the measurements for the EHER **FlowRescue Hip bags** and would like to donate, please contact us via email at hello@eher.org.uk

If you have any specific questions or need information regarding any of these products, please don't hesitate to reach out. You can contact us via email at hello@eher.org.uk or by calling us at **+44 207 183 4221**. We're here to help!