



PHK PERSONAL HYGIENE KIT

PHK's are one of the top needs for people struggling to obtain reliable sources of food, water and shelter and a first line of defense against the spread of illness. PHK's are also a first step toward good health and a way to provide dignity in a small bag for those who have suffered during crises.

A Mercy Partners region specific PHK pamphlet will be placed in each completed bag. All contents need to be placed in a gallon ziploc bag. Place 10-12 PHK's in a sturdy box.

Donation of \$2 per kit helps Mercy Partners in expediting the PHK's overseas.



1- 1 Gallon ziploc bag ○ →

2 - one Quart ziploc bags ○ →

1 - toothbrush ○ →

1 - wash cloth ○ →

4 - Large Bandages ○ →

4 - Medium Bandages ○ →

1 - Tube toothpaste (1-2 oz) ○ →

1 - Tube antibiotic cream (1-.05 oz) ○ →

1 - bar soap (2-3 oz) ○ →



ANATOMY OF A MP PHK