

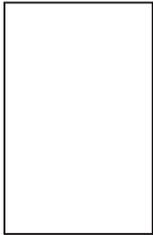
United Methodist Committee on Relief (UMCOR)

Health Kit Materials and Assembly Instructions

As part of the 2016 Love Offering for Missions, the Minnesota Annual Conference hopes to collect at least 10,000 health kits for people around the world who have been forced to leave their homes because of human conflict or natural disaster. Churches and individuals are encouraged to assemble health kits and bring them to the 2016 Annual Conference session, taking place June 21-23 in St. Cloud. The United Methodist Committee on Relief (UMCOR) distributes the health kits, which are also used as learning tools in personal hygiene, literacy, nutrition, and cooking classes.

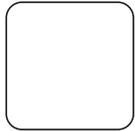
Materials*:

1 hand towel



- 15" x 25" to 17" x 27" kitchen
- Cleaning and microfiber towels not acceptable

1 washcloth



1 comb



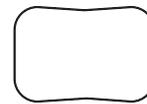
- Comb needs to be sturdy and longer than 6"
- No pocket combs or picks
- Rattail combs and combs without handles are acceptable with a minimum of 6" of teeth

1 metal nail file or clipper



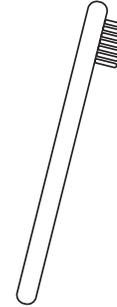
- No emery boards

1 bath-size soap



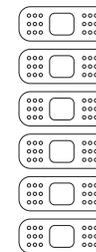
- 3 oz. and larger sizes only
- No Ivory or Jergens soap due to moisture content
- Do not remove from original packaging

1 toothbrush



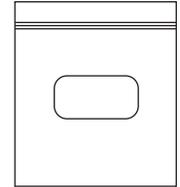
- Adult size only
- Do not remove from original packaging

6 adhesive bandages



- 3/4" to 1" size common household Band-Aids

1 plastic bag



- One-gallon size sealable bags only

*Each health kit requires \$1 for toothpaste (to be purchased by UMCOR in bulk just before shipping so that that the product doesn't expire before it's sent), and the kits must be shipped to a distribution center. Both of these costs will come out of the 10 percent of the Love Offering that's dedicated to health kits. Please give generously to ensure that there's adequate funding to pay for the toothpaste and shipping for each health kit collected.

Assembly Instructions:

Lay out the hand towel flat on a table. Lay the washcloth flat in the center of the hand towel. Place all remaining items on top of the washcloth. Fold over the sides of the hand towel to cover all of the items. Fold over one end of the hand towel so that it covers all of the items. Grasp the bundle of items tightly and roll over the remainder of the hand towel tightly. Place the tightly rolled bundle in the plastic bag. Remove as much air as possible and seal the bag.

Important Notes:

- All items must be new.
- Do not wash any of the items as they will be considered used.
- Remove all packaging unless noted above.
- All emergency kits are carefully planned to make them usable in the greatest number of situations. Since strict rules often govern product entry into international countries, it is important that kits contain only the requested items – nothing more.
- DO NOT include any personal notes, money or additional material in the kits. These things must be painstakingly removed and will delay the shipment.