



How to contribute to the Dignity Kits project: more information on donating products or full kits

First of all: thank you so much for your help with the Dignity Kits project! We cannot run this project without your generous efforts. Your donation goes directly and entirely to women in need in the Amsterdam area.

We are very happy that you have expressed interest in donating products or full kits for the Dignity Kits project. This document outlines some more details on the do's and don'ts, so that you can make sure your donation is exactly what the women we work with need. Please read through it carefully.

You can always contact us with any questions! Our email address is at the end of this document, as well as a phone number you can use to ask questions over WhatsApp.

Thank you!
Anneloes, Camila & Tammy
- the Neighborhood Feminists



I. What is in a Dignity Kit?

The contents of Dignity Kit are set. This list has been created based on the actual needs of the women we work with. We would like to ask you to not donate items that are not on this list: considering the living situation of the women receiving these kits, these 'extra items' may be sold or stolen instead of being used.

We are working with 2 different kinds of kits right now: a travel size and a full-size kit.

Travel size

Each kit is meant to last about 15 days and contains only travel size products. That way the kits are easy to pack when women do not have a permanent place to stay. In addition to the kits, underwear, socks, toilet paper and pads can be picked up as needed.

Full size

Women who receive the full size Dignity Kits have a more permanent place to stay and/or their own rooms, and therefore more space to store personal care products. The Dignity Kits are meant to last 4-6 weeks, and contain full-size products.

A basic Dignity Kit contains:

1. Toothpaste
2. Body wash
3. Deodorant
4. Moisturising shampoo
5. Conditioner
6. Packs of tissues
7. Panty liners
8. Vaseline
9. Body cream
10. Cardboard nail file
11. Nail clipper
12. Toothbrush
13. Comb (not too fine-toothed)
14. Washcloth
15. Wet wipes



Essential items we provide in addition to the kits:

Menstrual products, underwear and socks are provided separately to the kits. This does not mean we do not consider them essential items. Everyone's size and menstrual cycle is different, so women should be able to choose what they need out of these items when they pick up the kits. Most women we work with prefer pads. Toilet paper is separate simply because the rolls are too large in size to include in a kit.

1. Rolls of toilet paper
2. Menstrual products: pads, tampons and liners (*inlegkruisjes*)



3. Underwear (briefs, not thongs, in sizes S, M, L and XL, made from cotton or other breathable fabric)
4. Socks (regular-length socks in size ranges like 36-38, 38-40, 40-42)

> A note about donating menstrual products

We are so happy that you want to provide essential menstrual products for the women we work with. It is very important for us that we provide them with products that are new, good quality and safe; just like you would want to use for yourself. We therefore want to ask you to please only donate menstrual products that are still in sealed packaging – so no loose pads or liners. This is for several practical reasons too:

- It makes it hard or impossible to identify the type and brand of loose products.
- There is no way to know the expiration date of certain products if we don't have the packaging they were in.
- Loose items are often in bad condition (you would not want to use a pad that's been at the bottom of someone else's bag either!)

> A note about donating underwear and socks

The products you donate go to women that are living in dire circumstances. The Dignity Kits are meant to make them feel just a little more comfortable and human. First the obvious: please only donate unused, new underwear and socks with the labels or packaging still attached. When buying underwear and socks, please choose designs that are comfortable and that you would also like to wear yourself. No granny panties please!



2. If you plan to donate separate products:

Please pick and choose whatever you would like from the tables further down in this document (under number 4), travel-size or full size, and in whatever quantity. You can also donate products for a specific amount of kits in bulk, that we then assemble into packed kits. We would like to ask you to make sure all products you donate are new and unused.

3. If you plan to donate assembled kits:

We currently have the biggest need for travel size kits. The exact contents of the travel size kits are specified a little bit further down in this document under number 4. If you like, you can include a personal note to whoever ends up receiving your kit!

Please pack travel-size kits in sturdy ziploc bags. These may not seem super fancy or environmentally friendly, but they are light, easy to pack, easily repurposed, water- and leakproof – and because they are not very valuable it does not matter if they get lost. We understand that you would like to use nice-looking toiletry bags, but we would like to ask you to stick with ziploc bags to prevent creating a divide between regular and ‘special’ dignity kits.



example of a travel-size Dignity Kit



4. Exact Dignity Kit contents:

Item	Travel size kits	Full size kits
Toothpaste	1 tube of travel size toothpaste	1 full size tube of toothpaste
Toothbrush	1 toothbrush	1 toothbrush
Deodorant	1 small spray or roll-on deodorant	1 regular size deodorant
Shampoo	1 bottle of travel-size shampoo	1 regular bottle of shampoo
Conditioner	1 bottle of travel-size conditioner	1 regular bottle of conditioner
Vaseline	1 tin of vaseline (20g.)	1 regular tub of vaseline
Body cream	1 travel size body cream or bodylotion	1 full size body cream or bodylotion
Tissues	3 packs of tissues	4 packs of tissues
Nail file	1 cardboard nail file	1 cardboard nail file
Nail clipper	1 nail clipper	1 nail clipper
Comb or brush	1 wide-toothed comb (so that it's suitable for most hair textures)	1 wide-toothed comb or a brush
Washcloth	1 washcloth	1 washcloth
Pantyliners	Separately packed panty liners	Boxes of panty liners
Wet wipes	1 small pack of wet wipes (e.g. 20 baby wipes)	—

Separate items to be distributed as needed:

Item	
Menstrual products	Panty liners, menstrual pads in normal, heavy and night, tampons in mini, normal and heavy
Underwear	Cotton underwear sizes S-XXL
Socks	Regular-length socks sizes 36-38, 39-42
Toilet paper	Packs of toilet paper
Face masks	Washable or single-use face masks (in light of corona virus measures)
Face cream	Jar or tube of facial moisturizer



5. Donation locations:

Send your donation by mail:

You can send your donations by mail, please get in touch with us to get the address!

Drop your donation off:

Donations can also be dropped off in Zaandam or Amsterdam (Oud-West). Please get in touch with us first to make an appointment and get our address.

Arrange a pick-up for bulk donations:

If you are donating in bulk, we can also come pick up your donation in the Amsterdam area. Please send us a message through the contact information below so we can make an appointment with you!

6. Contact details:

Website: www.neighborhoodfeminists.com

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