Hygiene may seem basic, but for those who are unable to shower regularly, it means more than cleanliness. Good hygiene helps a person retain his or her dignity and sense of self-worth. By purchasing supplies and preparing hygiene kits, you support individuals and families in many ways.

**Impact:**
- Support individuals with employment and educational goals by providing essential hygiene supplies
- Aid in the empowerment of individuals and families by allowing them to focus on other goals

**Volunteers are responsible for providing some or all of the following items in each kit:**
- Deodorant and baby wipes
- Toothbrushes and toothpaste
- Soap or shower gel
- Shampoo and conditioner
- Shaving cream and razors
- Combs and brushes
- Please refrain from including any item that contain alcohol, such as hand sanitizer and mouthwash.

**Time Commitment:**
- This can be a one-time opportunity, or an ongoing commitment
- Length of project varies depending on number of volunteers and number of kits being made