

What's in a Days for Girls Kit?

These kits are made with love by thousands of volunteers around the world or by local women filling the need for their own community. Quality matters because women and girls depend on this product, and kits have to endure frequent washing in harsh conditions.

Q: Do girls really count on and use these?

A: Morgan, a volunteer on an expedition to Uganda with us, asked this very question of a girl receiving a kit. The girl looked her in the eye and said, "We will no longer have to fear." A school in Kisii, Kenya contacted us to say that their liners had worn out and they needed more ASAP. We were excited because this said three things: They are using them, they like them and importantly...it had been three years! They last. Schools in many, many places report dramatic changes in attendance. Yes, girls and women count on and use them and they change their lives in so many ways.



The Days for Girls (DfG) kit design is the result of feedback from women all over the world. Listening is an approach that results in solutions that work. That's important, because every washable Feminine Hygiene Kit gives back up to 6 months of living in just three years of use.* That's 180 days of education, health, safety and dignity.

1 drawstring bag so she can carry her bag to school. Comfort, style and durability matter because this will be an accessory of her's for up to three years.

2 pairs of panties (girl's size 10-14)

1 visual instruction sheet

8 absorbent tri-fold pads

Soft flannel liners are super absorbent when folded in thirds and can be layered for extra coverage. Unfolded they are square so they dry fast and wash with very little water, AND girls can dry them without risking taboos.

2 one-gallon size Ziploc freezer bags

Effective for transporting soiled items and soaking and laundering items with very little water. Why Ziploc brand freezer bags? They are most durable. (non-zipper/slider please)

1 washcloth

Useful and a great hygiene product

1 travel-sized soap

Travel-sized to save transport weight. Distributing organizations can provide additional soap access in-country.

How can Soroptimist International of the Twin Cities get involved?

1. We can collect the items used in the kits.
2. We can do an assembly party and assemble kits.
3. We can partner with a local Days for Girls Group (Amy Charpentier, New Hope)
4. We can visit Amy Charpentier's home and see the operation (Tuesday, January 24, 7-9 p.m.)
5. We need to decide if we want to do this on a weekend, or if we want to do it on a Tuesday but at Amy's home in New Hope (might be able to have Amy come to us)