

What goes in an MCC relief kit?



Updated 09/20



Relief kit supply list

All the items below are required for **one** complete relief kit.

- 4 large bars laundry soap
- 4 large bars bath soap
- 4 new bath towels (medium weight, dark or bright colours; approximately 75 cm x 150 cm)
- Shampoo (1–2 bottles, totalling more than 600 ml; place in resealable plastic bag)
- 4 adult-sized toothbrushes (in manufacturer's packaging)
- 2 wide-toothed combs (15–20 cm)
- THIN** sanitary pads (1–2 packages, minimum 28 pads total)
- 1 box adhesive bandages (minimum 40, assorted)
- 1 nail clipper (good quality)
- Pack your supplies in a box or bag. Your items will be re-packed by MCC staff into a 20-litre plastic bucket.



mcccanada.ca/kits