



## Welcome Hygiene Kits

For new residents at Adam House

Each Kit includes:

### For men

- ❖ Body wash and puff
- ❖ 2 in 1 shampoo/conditioner
- ❖ Unscented lotion
- ❖ Toothpaste and toothbrush
- ❖ Deodorant/antiperspirant
- ❖ Facecloth and bath towel
- ❖ Pair of warm socks or package of sport socks
- ❖ Toque and gloves
- ❖ Shaving cream and razor
- ❖ Nail clipper and emery board

### For women

- ❖ Body wash and puff
- ❖ 2 in 1 shampoo/conditioner
- ❖ Unscented lotion
- ❖ Toothpaste and toothbrush
- ❖ Deodorant/antiperspirant
- ❖ Facecloth and bath towel
- ❖ Pair of warm socks or package of sport socks
- ❖ Toque and gloves
- ❖ Package of maxi pads
- ❖ Nail clipper and emery board

Please place items in a reusable shopping bag. Tie with a blue or green ribbon for men; pink or red for women.

If possible, arrange to bring the kits to Adam House.

*Thank You!*

If you have further questions, to arrange drop-offs, or if you need an Adam House Staff member to talk to your group, please call or email us:



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If you would like to support Adam House financially, please go to our website <http://adamhouse.org/financial-support> Or go to: <https://www.canadahelps.org/dn/2502>