

These health kits are distributed by The United Methodist Committee on Relief (UMCOR) and related relief ministries to allow people to have the basics of sanitation, dignity - and hope. We thank you for your willingness to help people everywhere in dire need! You can drop off your #hopekit at our offices, **221 Ridge Road, Middletown, CT 06457 Tel. 860.346.3689** (collection bin on porch when office is not open). More information online at [firstmiddletown.org](http://firstmiddletown.org).

## Health Kit Materials

**1 hand towel**

*15 x 25 inches to 17 x 27 inches; Kitchen, cleaning, and microfiber towels not acceptable.*

**1 washcloth**

**1 comb**

*Comb needs to be sturdy and longer than 6 inches long; No pocket combs or picks please; Rattail combs and combs without handles are acceptable with a minimum of 6 inches of teeth.*

**1 metal nail file or nail clippers**

*No emery boards, please.*

**1 bath-size soap**

*3 oz. and larger sizes only; No Ivory or Jergens soap due to moisture content; Do not remove from original packaging.*

**1 toothbrush**

*Adult size only; Do not remove from original packaging.*

**6 adhesive bandages**

*¾ inch to 1 inch-size; Common household Band-Aids.*

**1 plastic bag**

*One-gallon size sealable bag only.*

**\$1.00 to purchase toothpaste, (optional additional \$1 to help with shipping)**

The United Methodist Committee on Relief (UMCOR) offers 100 percent of its funds received from donations to relief efforts in the U.S. and around the world. Often UMCOR teams and volunteers arrive first on a disaster scene, and often they leave last. UMCOR teams still help with local efforts such as Hurricane Sandy cleanup. For more information on UMCOR or to offer a money donation, please visit their Web site at [UMCOR.org](http://UMCOR.org).