



QUICK GUIDE #ITSINTHE Bag 19-28 NOVEMBER 2021

Help women, girls and those who menstruate who are spending Christmas in a domestic violence refuge, experiencing homelessness or poverty by filling and donating a bag (new or great condition) with life's essentials.

Bag essentials

- A bag (handbag, backpack, duffel bag)
- Shampoo and conditioner
- Toothbrush and toothpaste
- Soap or body wash
- Deodorant (roll-on/tin, no aerosol)
- Sanitary/period products (can include pads, tampons, incontinence, reusable pads, period undies and menstrual cups)

All items must be new and in sealed packaging to meet TGA guidelines

Mum & bub bag

- All bag essentials (above)
- Breast pads
- Newborn nappies
- Baby shampoo
- Baby soap or wash
- Disposable nappy bags
- Baby wipes
- Dummies
- Nappy rash cream
- Purple ribbon to identify

Teen bag

- All bag essentials (above) except period products to fit smaller bodies
- Yellow ribbon to identify

Extra special additions

- Handwritten note
- Books
- Drink bottle
- Face wipes/baby wipes
- Face mask/hand sanitiser
- Gift vouchers
- Hair ties/clips/scrunchies
- Headphones
- Jewellery
- Make up/nail polish
- Movie tickets
- Socks
- Stationery (paper, pens)
- Tissues
- Towel
- Underwear (one size fits all)

Please don't include

- Pharmaceutical items (inc. condoms, throat lozenges, paracetamol and ibuprofen)
- Food and drinks
- Aerosol sprays (deodorant, body sprays, dry shampoo)
- Sharp objects (inc razors, scissors, needles)

Please remember

- All donations must be brand new, sealed in original packaging
- Separated bulk pack items must be individually sealed
- Handmade items must be brand new, not used, (packaged if possible) with note saying 'handmade/new by [name]'.