

# A quick guide to your *it's in the bag* donation

Make Christmas special for someone living in crisis this year by donating an Adult, Teen or Mum & Bub bag. Fill a new bag or a pre-loved one (in excellent condition) with life's essentials and a few luxury items to help someone in need.

If you are creating a Teen or Mum & Bub bag, please tag your bag using a ribbon or a downloadable tag from our website. This tag will show the type of bag you have created. Teen bags should have a yellow tag/ribbon, and Mum & Bub bags a purple tag/ribbon.

## Bag Essentials

- ♡ shampoo & conditioner
- ♡ roll on deodorant
- ♡ toothbrush & toothpaste
- ♡ sealed packet of pads &/or tampons
- ♡ body wash or soap

All items included in the bag *must be new* and in *sealed packaging* for health and safety reasons.

## Additional

### Mum & Bub Bag Essentials

- ♡ maternity pads
- ♡ breast pads
- ♡ baby wipes
- ♡ dummies
- ♡ new born nappies
- ♡ baby shampoo
- ♡ baby wash
- ♡ nappy rash cream
- ♡ disposable nappy bags

## Optional Luxury Items

- ♡ make up
- ♡ towel
- ♡ face wipes
- ♡ socks
- ♡ stationery
- ♡ small umbrella
- ♡ jewellery
- ♡ wet wipes

### Teens might also like...

- ♡ books
- ♡ scrunchies
- ♡ gift vouchers
- ♡ ear phones
- ♡ undies
- ♡ lip gloss
- ♡ mask or sanitiser
- ♡ movie ticket
- ♡ tissues

♡ *A handwritten note or card to give a personal touch to your special donation!*

## Please do not include:

Pharmaceutical items (condoms, throat lozenges, paracetamol etc) | Razors/knives/scissors | Food or drinks | Loose tampons and pads or unsealed menstrual cups



sharethe**dignity**

For more information, please visit  
[www.sharethedignity.org.au](http://www.sharethedignity.org.au)