

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 preloved one (in great 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 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
- ♥ gift voucher
- ♥ jewellery
- ♥ books
- Teens might like...
- ♥ gift vouchers
- ♥ scrunchies
- ♥ undies
- ♥ ear phones
- ♥ mask or sanitiser
- ♥ lip gloss
- ♥ tissues
- ♥ movie ticket
- ♥ *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 | Spray deodorant/shampoo and other aerosols
Loose tampons and pads or unsealed menstrual cups

For more information, please visit www.sharethedignity.org.au