

# Hygiene Kit Build: A Hands-On Humanist Service Project

## What It Is:

A Hygiene Kit Build is a simple but powerful way to support unhoused neighbors, people in transitional housing, or anyone facing economic hardship. Volunteers gather to pack bags of essential hygiene items and distribute them through shelters, outreach orgs, or mutual aid partners.

## How to Host One:

### 1. Set Your Scope

- Decide how many kits you want to make (25, 50, 100+).
- Consider your budget and how many people you expect.

### 2. Gather Supplies

Most kits include:

- Travel-size shampoo, soap, and toothpaste
- Toothbrush, deodorant, lotion
- Socks, comb or brush, disposable razors
- Menstrual products
- Ziplock bag or drawstring pouch

Tip: Ask a local shelter what items they need the most and what items they aren't really

### 3. Invite Your Community

Host a packing party with snacks and music, make it fun and social! Libraries, community centers, or group member homes all work well in terms of locations.

### 4. Distribute with Intention

Partner with a local shelter, food pantry, mutual aid org, or community fridge.

You can also offer kits at tabling events or deliver directly through outreach volunteers.

## Promotion & Outreach Tips:

- Post about the event if advance with a clear call for donation items.
- Use platforms like Meetup, Facebook, Instagram, and email.
- Share photos of the kits (not the recipients) to inspire others.
- Frame it as an act of solidarity, not an act of charity.

**Sample Blurb:**

“Join us for a hands-on service project to support our neighbors with dignity and compassion. We’ll be packing hygiene kits to donate to [Local Partner Org]. No experience needed — just show up and help us help others!”

**Tips for Sustaining the Effort**

- Make it a quarterly event or tie it to the changing seasons.
- Partner with other secular or interfaith groups to increase reach.
- Use it as an entry point to discuss housing justice and economic inequality.

**Why It Works:**

This project meets real, immediate needs while bringing people together in a spirit of mutual care. It’s accessible, repeatable, and incredibly fulfilling. Plus, it’s a great way to introduce newcomers to your humanist community through action.