



# Elizabeth Fry Society

of Saskatchewan

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## **Caring-for you-kits wish list:**

- 1 toothbrush
- 1 toothpaste (approx. 75ml)
- 1 wide comb
- 1 shampoo (approx. 300ml)
- 1 conditioner (approx. 300ml)
- 1 deodorant stick (e.g. lady speed stick, approx. 45kg- NO roll-on or spray types)
- 1 bar of soap
- 1 bottle of body wash/shower gel (approx. 350ml)
- 1 bottle of body lotion (approx. 350ml)
- 1 small box of feminine pads (approx. 15 pads)
- 1 small box of tampons
- 1 pair of socks
- 1 pair of mittens
- 1 pair of panties (all sizes needed)
- 1 journal notebook (without coil bindings)

***Please ensure that none of the items contain alcohol.***

*Any donation is gratefully appreciated. Thank you for your support!*