

Starting with a Bath

When LWR distributes Personal Care Kits, it's often to people who have lost everything. In the wake of an earthquake, or having fled from violence as their homes were overtaken, they clasp a towel from a faraway place, with a bar of soap, a toothbrush... and washing up, they know that they have not been forsaken by the world.

The very simple gesture of giving a Personal Care Kit can give someone the encouragement to start anew, starting with a bath. You can share God's grace and love by providing that simple comfort. Here's how:

Assembling Personal Care Kits

Please review the General Assembly Instructions before collecting items for the Personal Care Kits.

Consider raising the \$2.65 per Kit LWR needs to ship Personal Care Kits overseas, and send your contribution to the Quilt & Kit Shipping Fund. Read more below.

Read How to Pack and Send Personal Care Kits. Please do not enclose the Kit or any of its contents in plastic bags.

Please include all of the requested items in each Personal Care Kit. Do not add other items.

Include the following items in each Personal Care Kit:

One light- to medium-weight, bath-size towel (approximately 52" X 27" or smaller), dark color recommended

Two bath-size bars (4 to 5 oz.) of soap, any brand, in original wrapping

One adult-size toothbrush in its original packaging*

One sturdy comb, remove packaging

One metal nail clippers (with or without attached file), remove packaging

**Toothbrush multi-packs may be used by sealing an individual toothbrush in a business-size envelope; no plastic bags or wrap*

Do not add other items or leave out any of the items listed. All items should be new and in good condition. Wrap all the items in the towel and tie securely with ribbons or yarn. Do not enclose the Kit or any of its contents in plastic bags.

Another Way to Help

It costs LWR about \$2.65 per Personal Care Kit to add toothpaste and deliver it overseas. This is paid from LWR's Quilt & Kit Shipping Fund. If you are not able to assemble Kits, why not give to help ship them? Your donation will help ensure that we are able to distribute all of the Kits we receive. Thank you

BABY CARE KITS

A Baby Care Kit from LWR is like a promise. It says to that baby, *Your needs will not be neglected by this world. You matter to us.* When you send Baby Care Kits, you provide encouragement by welcoming these little ones into an international community that cares. Baby Care Kits are distributed as part of emergency and relief efforts, to be sure, but they are also given out as part of LWR health initiatives to encourage women to seek prenatal care. One such initiative in Mali provided training for local prenatal health care workers, who were given Baby Care Kits to distribute when they assisted with births. These kinds of programs help more babies in rural, poor areas receive a healthy start in life. We hope you will join us in this effort!

Assembling Baby Care Kits

- Please review the General Assembly Instructions before collecting items for the Baby Care Kits.
- Consider raising the \$1.30 per Kit that LWR needs to ship Baby Care Kits overseas, and send your contribution to the Quilt & Kit Shipping Fund. Read more below.
- Read How to Pack and Send Baby Care Kits. Please do not enclose the Kit or any of its contents in plastic bags.
- Please include all of the requested items in each Baby Care Kit. Do not add other items.

Include the following items in each Baby Care Kit:

- Two lightweight cotton t-shirts
- Two long- or short-sleeved gowns or sleepers (without feet)
- Two receiving blankets, medium-weight cotton or flannel, or crocheted or knitted with lightweight yarn, up to 52" square
- Four cloth diapers, flat fold preferred
- One jacket, sweater or sweatshirt with a hood, or include a baby cap
- Two pairs of socks
- One hand towel, dark color recommended
- Two bath-size bars (4 to 5 oz.) of gentle soap, in original wrapping
- Two diaper pins or large safety pins

Do not add other items or leave out any of the items listed. Gently used, clean items (no stains or tears) can be substituted for new ones. Wrap items in one of the receiving blankets and secure with diaper pins. Do not enclose the Kit or any of its contents in plastic bags.

- Sizes up to 24 months may be used. Varying the sizes of the clothing items included will make the Baby Care Kit useful as the baby grows.
- Sweaters may be knitted or crocheted from leftover yarn, or made from heavy double knits or fleece. Select a pattern that suits your skill level. Preferred styles have buttons or ties down the front. [Click here for pattern recommendations.](#)
- Diapers can be made from flannel or even by recycling t-shirts. Download a Diaper Tip Sheet with instructions.
- If knitting or crocheting receiving blankets, including one knitted/crocheted blanket and one flannel blanket will provide maximum versatility.
- Onesies can be cut and hemmed or serged to make a simple t-shirt.
- Gowns or top/pants sets can be substituted for sleepers.

Another Way to Help

Delivering Baby Care Kits to the mothers who need them most costs LWR about \$1.30 per Kit, paid for by LWR's Quilt & Kit Shipping Fund. If you are not able to assemble Baby Care Kits, you can give to the Quilt & Kit Shipping Fund instead. Your donation will help ensure that we are able to distribute all of the Kits we receive. Thank you!

Fabric Kits

Teach a Person to Sew and...

...you've given them tools they can use to earn an income, support their family, and break out of poverty. Many of the thousands of Fabric Kits Lutheran World Relief distributes are used in vocational training programs to teach young men and women useful and marketable sewing skills.

Your group can also help LWR get Fabric Kits to the people who need them by sponsoring a brick on the Good Samaritan Quilt Plaza or by making a contribution to the Quilt & Kit Shipping Fund.

Assembling Fabric Kits

- Please review the General Assembly Instructions before collecting items for the Fabric Kits.
- Consider raising the \$1.00 per Kit LWR needs to ship Fabric Kits overseas, and send your contribution to the Quilt & Kit Shipping Fund. Read more below.
- Read How to Pack and Send Fabric Kits. Please do not enclose the Kit or any of its contents in plastic bags.
- Please include all of the requested items in each Fabric Kit. Do not add other items.

Include the following items in each Fabric Kit:

- Two pieces of cotton or cotton-blend fabric (no knits or 100% polyester); fabric should have no stains or holes and be cut into pieces measuring:
- 2¼ yards of 60" wide fabric, or
- 3 yards of 44" wide fabric, or
- 4 yards of 36" wide fabric
- Two spools of neutral-colored, general purpose thread, 250-300 yards each

Fold thread and one piece of fabric inside second fabric piece and tie with yarn, sturdy string, ribbon or strip of fabric. Do not enclose the Fabric Kit or any of its contents in a plastic bag.

Another Way to Help

Delivering Fabric Kits to those who need them most costs LWR about \$1.00 per Fabric Kit, paid for by LWR's Quilt & Kit Shipping Fund. If you are not able to assemble Fabric Kits, you can give to the Quilt & Kit Shipping Fund instead. Your donation will help ensure that we are able to distribute all of the Fabric Kits we receive. Thank you!

School Kits

Give a Child the Opportunity to Go to School

Why school supplies? To the children who receive School Kits, these supplies mean the difference between getting an education or not. Public school is usually free, but in the places where LWR works, even a few required supplies, like pens and paper, may be more than many families can afford. And when parents can only afford to send one of their children to school, girls rarely get priority...yet the education level of mothers has the biggest impact on development.

Assembling School Kits

- Please review the General Assembly Instructions before collecting items for the School Kits.
- Consider raising the \$1.40 per Kit LWR needs to ship School Kits overseas, and send your contribution to the Quilt & Kit Shipping Fund. Read more below.
- Read How to Pack and Send School Kits. Do not enclose the Kit or any of its contents in plastic bags.
- Please include all of the requested items in each School Kit. Do not add other items.
- Download a pattern for making School Kit bags, or purchase drawstring-style backpacks from an approved retailer.

Include the following items in each School Kit:

- Four 70-sheet notebooks of wide- or college-ruled paper approximately 8" X 10½"; no loose-leaf paper
- One 30-centimeter ruler, or a ruler with centimeters on one side and inches on the other
- One pencil sharpener
- One blunt scissors (safety scissors with embedded steel blades work well)
- Five unsharpened #2 pencils with erasers; secure together with a rubber band
- Five ballpoint pens (no gel ink); secure together with a rubber band
- One box of 16 or 24 crayons
- One 2½" eraser
- One sturdy drawstring backpack-style cloth bag approximately 14" X 17" with shoulder straps (no standard backpacks)

Do not add other items or leave out any of the items listed. All items should be new and in good condition. Remove any excess packaging, pack all items in bag and close. Do not enclose the Kit or any of its contents in plastic bags.

Another Way to Help Delivering School Kits to the children who need them most costs LWR about \$1.40 per Kit, paid for by LWR's Quilt & Kit Shipping Fund. If you are not able to assemble Kits, you can give to the Quilt & Kit Shipping Fund instead. Your

donation will help ensure that we are able to distribute all of the Kits we receive. Thank you!