

# Hope Kits

*"I'm only one person, but I can make a difference!"*



## Personal Care Kit (Because of customs regulations, we cannot accept substitutes.)



**Fill a gallon zip storage bag with these items:**

- 2 combs and/or brushes
- 2 large bars of soap or 6-8 hotel-size bars (see tips below)
- 2 new washcloths (different colors)
- 3 adult-sized toothbrushes (different colors) (see tips below)
- 3 child-sized toothbrushes (different colors) (see tips below)

**Add:** 1 large tube of toothpaste or 4 travel-size tubes

**NOTE:** Do not put toothpaste into the bag. We need to check the expiration date on each tube. We will do that and insert the tubes into the bags.

## Learning Kit (Because of customs regulations, we cannot accept substitutes.)



**Fill a jumbo zip storage bag (14x16) with these items:**  
(Albertson's sells the jumbo bags)

- 6-8 pencils
- 1-2 pencil sharpeners
- 1 package colored pencils (8 or 12 in a package)
- 2 single-subject spiral notebooks (writing pads are okay)
- 1 package of construction paper
- Colorful stickers (see tips below)

These kits will be sent to children in orphanages and placement centers, children in the dump, children in refugee camps, families in disasters, as well as families in our own communities.

### Shopping tips:

- When you select the items for the kits, think of these words: **basic** and **colorful**. Select basic bath soap rather than ornamental ones. Choose basic toothpaste and colorful toothbrushes.
- Make sure the items are culturally sensitive. Colorful stickers of flowers and animals are appropriate. Stickers with English words or with American cartoon characters are not appropriate.
- Due to international shipping requirements, **only** the items listed above may be included in the Hope Kits. If you would like to donate other items, please package them separately.

*Thanks for making a difference in the life of a child who needs hope.*

Deliver or send your assembled Hope Kits to:

**Medical Teams International**  
14150 SW Milton Court  
Tigard, OR 97224



[www.medicalteams.org](http://www.medicalteams.org)

Questions? 503-624-1216

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