

Women's Bucket of LoveContents List Explained

Please note that this is not the label for printing and fixing to the outside of the bucket. Please see PDF at bottom of page. Bucket labels are translated into three different languages

	Item	Details	Example Link
1	Loo roll	Three rolls. More if you have less of other things.	
2	Sanitary pads/reusable pads/period knickers	High absorbency for pads. This is indicated by the number of 'drops' on the packet. Probably the best option however are reusable pads or period knickers. Both of these are excellent solutions for refugees who don't have access to disposable supplies as they can replace pads and are washable. They are, however, expensive but do provide a near permanent solution.	Reusable pads : Amazon period knickers : Primark period knickers: About : Primark period briefs
3	Knickers (SIZE:)	Ideally seven pairs. Think briefs or granny pants over thongs etc. Must be new. If you've included period knickers, no need to include regular pants as well.	
4	Clothes washing soap	Best option is a BAR of laundry soap (see link) as powder and liquids are too strong for hand washing, can spill and contaminate the rest of the contents and are heavy. Hand washing soap flakes and travel wash are fine but please make sure they are well sealed. If it is not obvious from the packaging that it is laundry soap, please write or print "господарське мило" on the outside.	Maid Simple Laundry Soap Bar
5	Toothbrush & paste	Please make sure it is a Fluoride toothpaste	
6	Soap	Ideally gentle antibacterial bar. Dettol's one (see link) is great.	Dettol Anti-Bacterial Soap Bar
7	Shampoo/dry shampoo	Small bottles. Head and Shoulders 200ml is an example	
8	Face wash/wipes	Not essential but I think we all know washing your face can make you feel a thousand times better.	
9	Hand sanitiser		
10	Paracetamol and/or ibuprofen		
11	Deodorant		
12	Socks, gloves & hat	At writing it is currently 4°C in Warsaw. Most will already have these but they get wet/lost etc. So useful not essential.	
13	Thermal foil	Useful not essential	Thermal Foil
14	Face mask (s)	Not just for Covid. TB is massively on the rise and springtime usually sees a surge in general airborne viruses. These can sweep through hostels and shared spaces. Great option is a face mask 'snood' which can double up as a scarf or hat. See link.	Face Mask 'Snood'
15	Hand warmers	See socks, gloves & hat.	
16	Whistle	Louder than shouting for drawing attention if you need help; from falling and becoming trapped to being assaulted or separated in a crowd. Can also act as a deterrent/self defense to stun an attacker.	Emergency Whistle
17	Energy bars (peanut free)	Slow release energy from things like oat-based bars preferable to high-sugar alternatives.	
18	Torch & batteries	Especially useful with likely power-outages. Please make sure it is supplied with working batteries. Not essential but useful additional extra.	
19	Towel	High absorbency microfiber camping towels are ideal as they are small. If using a larger regular towel, you'll need a 20 liter bucket. But not essential so leave out if no space.	Camping Towel
20	Battery pack	Re-charging phones is a constant problem for Internally Displaced Persons (IDP's) and refugees. Battery packs are expensive but if you can afford one they are extremely useful. Please charge it fully before putting it in. Not an essential item but nice additional extra. Link shows cheapest I could find on Amazon.	Battery Pack
21	Hairbrush	Non-essential/nice additional extra	
22	String / line and pegs	For hanging wet clothes or tying/securing things. Very useful but non-essential/nice additional extra.	
23	Scissors / nail clippers	Scissors are very useful - see string! And more versatile than nail clippers which are more of a nice additional extra. Neither essential though.	
24	First Aid Kit	Many people are doing large first aid collections which is why I have not put this in higher up. The value of a first aid kit however, goes without saying but they can also be expensive. Incredibly useful if you have the money/space. Or you can just include some piecemeal items such as plasters, antiseptic wipes etc. Link is to a cheap but pretty comprehensive option.	First Aid Kit