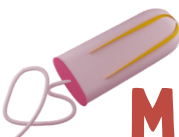




# THE PUPA PROJECT WISHLIST



**YOUR SUPPORT HELPS US PROVIDE ESSENTIAL RESOURCES TO MENSTRUATORS IN NEED! BELOW IS A LIST OF ITEMS WE ARE ALWAYS ACCEPTING TO SUPPORT OUR MISSION OF ALLEVIATING PERIOD POVERTY, MENSTRUAL EQUITY, EDUCATION, AND ADVOCACY. EVERY DONATION MAKES A DIFFERENCE!**



## MENSTRUAL PRODUCTS

- PADS (ALL SIZES, INCLUDING OVERNIGHT)
- TAMPONS (REGULAR & SUPER ABSORBENCY)
- MENSTRUAL CUPS (VARIOUS SIZES)
- PERIOD UNDERWEAR (ALL SIZES)
- REUSABLE CLOTH PADS



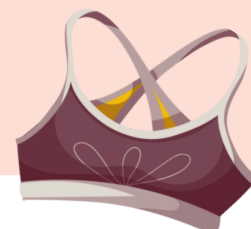
## HYGIENE ESSENTIALS

- FEMININE HYGIENE WIPES
- SOAP (UNSCENTED PREFERRED)
- BODY WASH
- DEODORANT



## CATERPILLAR CUTIES

- SPORTS BRAS (ALL SIZES)
- COMPRESSION SHORTS
- SWEAT-RESISTANT UNDERGARMENTS



## COMFORT & SELF CARE

- HEATING PADS
- HERBAL TEA (CHAMOMILE, PEPPERMINT, ETC.)
- JOURNALS & SELF-CARE BOOKS



## STORAGE ESSENTIALS

- SMALL POUCHES FOR DISCREET CARRYING OF MENSTRUAL PRODUCTS
- ZIPLOCK BAGS (FOR EMERGENCY KITS)



## THE COCOON

- EMERGENCY CONTRACEPTIVES
- PREGNANCY TESTS
- UNDERWEAR
- TOWELS & WASHCLOTHS

