# STUDENT ACTIVITY: HYGIENE KITS



1) Discuss in groups what you consider to be 'essential' to maintain your personal hygiene in a day or over one week. Shower gel? Hairspray? Deodorant? What else?

Create a list of essential personal hygiene items you use daily. Then create second list, ranking them in order of importance to you.

HYGIENE ITEMS IN ORDER OF IMPORTANCE TO ME

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2) In humanitarian emergencies, Oxfam provides Hygiene Kits to affected community members.

Oxfam usually provide the kits to a whole family, so the amount of items may change depending on a family size. Oxfam bases it on the average family size in the country where it is responding (usually based on census data).

The items in the kit will also change depending on the country context. For example, Oxfam will always provide items for women's menstruation hygiene but the type of item will depend on what is the local custom.

### Oxfam Hygiene Kit

CONTENTS	QTY
Towel - bath	1
Towel - face	1
Oxfam Bucket – storing (40L)	1
Bucket – carrying (14L)	1
Collapsible jerry can (toilet)	1
Water scoop/mug (0.5 L)	1
Bathing Soap (24 bar) – 125 gm	12
Laundry soap – 100 gm	12
Sanitary products	l set
Tooth brush – 1 per person	6
Tooth paste – 200 g / family	1
Nail clipper	1
Comb	2
Mosquito net	2

#### **Optional items**

Aquatab (water purification tablet)	1 Month Supply
Contraception	1 Month Supply
Oral rehydration salts	1 Month Supply
Sarong	2

Check your list against the one the Oxfam has generated and uses in providing emergency aid. Tick items that appear on both lists.

**3**) Identify items that Oxfam does not have on their list but you do. Put a mark beside these.



**OXFAM** 

Australia

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Photo: Oxfam

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**4)** Why do you feel items you listed as essential may be different to the ones Oxfam thinks are essential for emergency aid?

5) Why might Oxfam give hygiene kits to people in emergency humanitarian situations?

6) Do you think it's important that people receive free hygiene kits in emergency situations? Why or why not?

**7)** Imagine you are in an emergency situation. How might a hygiene kit help you and your family be safe, healthy and have dignity?