



# STARTER GUIDE

How to Start a Self-Care Hygiene Drive from Scratch



**TURN COMPASSION INTO ACTION—STEP-BY-STEP**

# HOW TO START (STEP-BY-STEP)

## Start Your First Self-Care Drive

**Step 1:** Choose Your Focus: Pick who you want to help:

- Young girls
- Women in shelters
- Students
- Your local community

**Step 2:** Pick your Location: Where will items GO?

- SCHOOL
- SALON
- COMMUNITY CENTER
- CHURCH

**Step 3:** set a simple timeline. keep it short and doable: 7-14  
DAYS

**Step 4:** Decide what to collect and keep it focused (see  
Checklist later)

**Step 5:** Announce IT, Post IT, Share IT, Talk about IT.  
People want to help just have to ask.

# WHAT TO SAY

## For Businesses:

Hi! My name is [name] and I'm organizing a self-care hygiene Drive to support women in my community. I would love to partner with you or receive Donations of Hygiene Products if you're open to supporting.

## For Social Media:

I'm hosting a self-care hygiene drive to support women and girls in my community

If you'd like to donate items or support, please DM me or drop off at [location]. Let's make a difference together.

## For Texting People

Hey! I'm putting together care kits for women in need. Would you be open to donating a few items like pads, wipes, or soap?



# POST THIS TO GET DONATIONS

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**Post 1:** “I’m Starting a self-care hygiene drive for women in my community  
If you’ve ever wanted to give back, this is your chance.  
Drop-off details below ”

**Post 2:** “Small items. Big impact. Pads. Wipes. Soap  
Let’s come together and support women who need it most.”

**Post 3:** “Day 3 of the self-care drive  
Thank you to everyone who has donated so far—let’s keep going!”

# WHAT TO DO WITH DONATIONS

## Bring It All Together

Once you receive your items:

1. Sort everything by category
2. Create small care kits (simple + intentional)
3. Package them in bags or boxes
4. Deliver to your chosen location

Keep it organized—but don't overcomplicate it. The goal is impact, not perfection.

## CARE KIT CHECKLIST (BONUS)

WHAT TO INCLUDE	YES	NO
Tooth Brush / Tooth Paste		
Pads / Tampons		
Feminine Wipes		
Soap or Body Wash		
Deodorant		
Lotion		
Hand Sanitizer		
Shampoo / Conditioner		
Optional : Encouragement Note		

# CARE ESSENTIALS

List of Items to Request

## Pantry/ Self Care

Pads  
Tampons Feminine  
Wipes  
Soap  
Deodorant  
Lotion  
Toothbrush  
Toothpaste  
Hand sanitizer

## Bulk Hygiene Products

Travel-size toiletries  
Non-perishable snacks  
Bottled drinks  
Wellness items  
Granola bars  
Fruit Snacks  
Crackers  
Bottled water  
Tea

This list was created from my heart and lived experience—rooted in love for my mom and the purpose she left with me. Through Nicobi Cares and the inspiration behind every girl we serve, I've learned that the smallest essentials can restore dignity, confidence, and comfort in someone's day. These care kits are more than items—they are reminders that someone cares.



Your Ready:

You don't need permission to make a difference.

You don't need everything figured out.

Start where you are and use what you have.

Help who you can.

This is how impact begins.

Nicobi Cares