Menstrual hygiene management kit (MHM)

One kit contains the essential menstrual hygiene items to cover the needs of a menstruating person for up to three months.

**Standard content**
- Disposable sanitary pads
- Female underwear (panty)
- Detergent/Washing Powder
- Clothes pegs + string
- Bath soap + plastic holder
- Leaflet

**Variable content**
- Disposable sanitary pads
- Reusable menstrual Pads
- Menstrual cups
- Tampons