

LET'S TALK ABOUT

GIRL PACK

**SUPPORTING
EVERYONE'S PERIOD**



20,000+

Period Packs distributed
by Girl Pack since 2021



100+

Partners including
Centre:MK & MK Dons



Girl Pack Support
Community Larders,
Children's Centre's,
Schools, Parish Councils,
Doctors Surgeries and more

What is Girl Pack?

Girl Pack is a volunteer led period support charity that provides emergency period packs and products to people who are in need.

How did Girl Pack start?

Girl Pack was started in 2018 by two thirteen year olds who found that their classmates didn't have access to period products. They devised the period pack and took them into their school where it was an instant success. That success has grown and period packs are available right across Milton Keynes, with weekly enquiries from places wishing to partner with us.

What is in a Period Pack?

Each period pack contains a full packet of period pads, intimate wipes, a pair of knickers and hand sanitiser. The packs come in 6 different sizes; starting with sizes X-small upto X-Large. There is also a special primary school pack that contains bright knickers and character hand sanitiser.

What is the criteria for getting help?

It's simple, there is none. All you require is a need, whether its being able to afford to buy your own products or simply having your period when you least expect it. None of our partners will ask any questions other than "What size would you like?"

How can I help Girl Pack?

Girl Pack accept both monetary and product donations and we are always looking for volunteers to fundraise or help pack our products!

We accept donations of the following:

- Period Pads
- Tampons
- Intimate Wipes
- New Knickers in All Sizes
- 50ml Bottles of Hand Sanitiser
- Liners
- Incontinence Pads
- Reusable Period Pads
- Cups & Period Knickers