### Ways for Altrusa clubs to support Days for Girls

1. **Gather Monetary Donations**
   - $10 = 1 Days for Girls Kit that lasts 3 years!
   - [https://donate.daysforgirls.org/altrusa](https://donate.daysforgirls.org/altrusa)

2. **Gather Days for Girls Kit Supplies**
   - travel size soap
   - Ziploc bags (gallon size, freezer)
   - girl panties (sizes 10, 12, 14, 16)
   - washcloths
   - grosgrain ribbon (5/8" width, 38" length)
   - 100% cotton fabric
   - 100% cotton flannel fabric

   *Pattern restrictions apply to fabric, see additional page for guidelines

3. **Volunteer with a local Days for Girls Chapter or Team**
   - Email [chaptersassist@daysforgirls.org](mailto:chaptersassist@daysforgirls.org) to get connected with a group near you.

4. **Start your own Days for Girls Team**
   - Start by filling out the New Team Application here: [www.daysforgirls.org/chaptersandteams](http://www.daysforgirls.org/chaptersandteams)

Thank you for helping us reach Every Girl. Everywhere. Period.