

# Ways for Altrusa clubs to support



# 1

## Gather Monetary Donations

\$10 = 1 Days for Girls Kit that lasts 3 years!  
<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.**