



**Alberta Health
Services**

Puberty Kit Contents



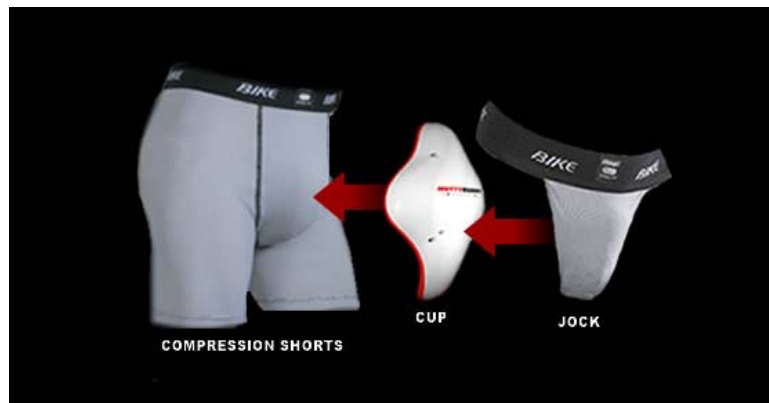
Active living



Antiperspirant or deodorant



Athletic support



Baking soda



Hat



Bra



Sports bra



Comb



Healthy eating



Hot water bottle



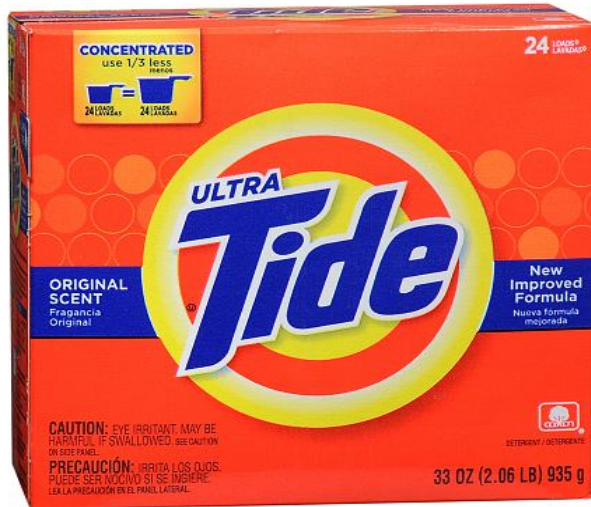
Ibuprofen



Socks



Laundry soap



Menstruation supplies



Menstrual cup



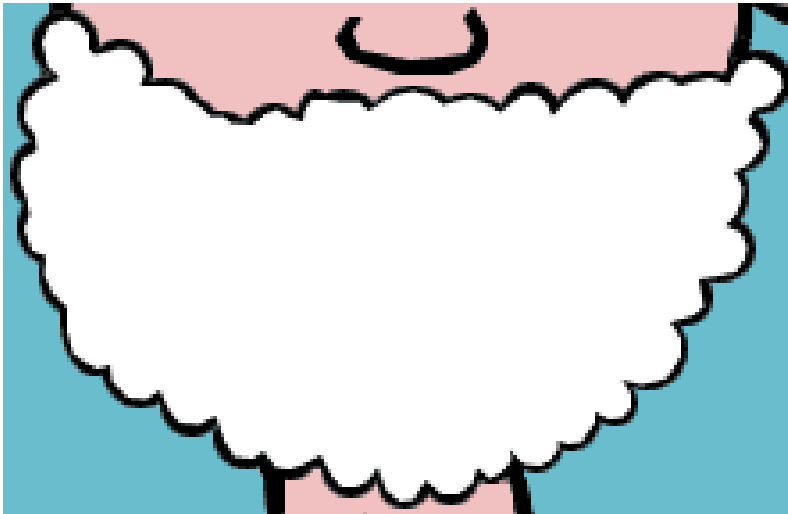
Razor



Shampoo



Shaving foam



Soap/shower gel



Toothpaste, tooth brush and dental floss



Cotton shirt



Cotton underwear



Washcloth



Water bottle

