Hygiene supplies are an essential part of good health and comfortable living.  However, hygienic care is often the most over looked prep.  Many may remember to get some extra rolls of toilet paper and a few tubes of toothpaste but what else should you include in your hygiene preps?  Below are three different types of DIY Hygiene Kits and a checklist of ideas on what hygienic items to stock up on.

**Humanitarian Hygiene Kit**

Hygiene kits are such a necessary need that thousands are being shipped to Syrian refugees from many charitable organization. Each humanitarian hygiene kit is a little different but they all have a similar list:

1. Toothbrush
2. Toothpaste
3. Towel
4. Soap
5. Nail clippers
6. Comb

This list is pretty basic which is worth considering when you are thinking about what you may want in your DIY hygiene kit. Keeping to the basic essentials can keep the weight and bulk limited which allows extra room for other important items in a bug out bag like food, water, and other essential items. We can learn a lot as we pay attention to the plight of the Syrian refugees.

Hygiene kits can vary widely based on what you are prepping for.  For my bug out bag, I want the basics that will get me by for several days or weeks in any emergency situation.  My mindset for my home emergency supplies is to gather 3 to 6 months’ worth of supplies in case retail shopping is no longer an option and in the event of a long term power outage.

Below is a list of the hygiene items I keep in my bug out bag and further down the page is a list of my home hygiene preps to help provide you with ideas to add to your emergency preparedness supplies.

## DIY Hygiene Kits

1. Microfiber Towel 20″x 40″- Brand:  **[McNett Tactical](http://amzn.to/1SJbd2y" \t "_blank)**
2. Toilet Paper – Brand:  [**Coleman**](http://amzn.to/1W1p8E0)
3. Hand Sanitizer – Brand: [**Purell**](http://amzn.to/1RELAh9)
4. Comb
5. Q-tips
6. Wet Ones
7. Microfiber Washcloth
8. Pocket Soap Leafs- Brand: [**Sea to Summit Trek**](http://amzn.to/1RELZA1) (removes grease, sap, soot & dirt)
9. Nail Clippers
10. Chap-stick
11. Toothbrush
12. Toothpaste
13. Hair ties
14. Mirror – Brand: [**Coleman**](http://amzn.to/21ZJptr)
15. Carrying case (came with the microfiber towel)
16. Sanitary Pads
17. Pee Pocket (Great product!  [**See video here**](https://youtu.be/Xh3P3wyCrAk))

## ****Home Hygiene Preps****

1. Baby Wipes
2. Barber Comb & Scissors
3. Chap-stick
4. Cotton Swabs
5. Dental Kit
6. Deodorant
7. Garbage Bags
8. Hair Brush, Comb & Hair-ties
9. Hair Shampoo & Conditioner
10. Hand Sanitizer
11. Lime Oil (removes grease, sap & soot)
12. Lotion
13. Nail Clippers
14. Off-grid Toilet
15. Sanitary Pads (disposible & **[reuseable](http://amzn.to/1SJlzPZ" \t "_blank)**)
16. Soap – Bar Soap / Body Wash
17. Soap – Antibacterial Hand Soap
18. Soap – Laundry Detergent
19. Straight Razor & Sharpener
20. Toilet Paper
21. Toothbrushes
22. Toothpaste
23. Tweezers