

MHM Kit Content in Camps

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Background

Cox's Bazar district of Bangladesh experienced an exodus of nearly 1 million refugees since 2017. Currently, there are 291,455 girls and women between 12-59 years (UNHCR Population Data, December 2022). Until now, WASH Sector Cox's Bazar have been supporting to meet the Rohingya refugees' water, sanitation, and hygiene needs.

Hygiene component of WASH includes menstrual hygiene management (MHM) needs of women and girls too. Hence, a [MHM strategy](#) was drafted in 2020 documenting minimum standards of the MHM kit content. An age range was not used in the previous strategy rather the term Girls and women of menstruating age was used to ensure equitable access to MHM items.

Justification for Revision

- Despite the minimum standard recommended in 2020 MHM strategy, there was significant variation in MHM kit contents creating disparity.
- This revision considered latest context, rationalisation, budget limitation and research findings documenting preference of women and girls.
- Possible harmonisation
- Avoiding duplication with other sectors and equitable distribution of items to all beneficiaries
- Standard for number of soap bar and weight was revised considering sphere standard, monthly soap distribution per person, community's' need documented in research, quality of distributed items, minimum number of pads required/day and so on.

Note*

- This standard is a minimum standard. Yet, it is important for agencies to align to it and harmonise amongst them so that beneficiaries do not feel discriminated based on the content of the kit.
- Distribution methods vary in camps, although house to house distribution of MHM item is preferred. Not only it ensures the items reach beneficiaries directly, but it also provides an opportunity for community engagement on MHM privately. This preference has been captured during various assessment.
- To aid agencies using centralised distribution a biodegradable bag might be included to carry the items. It is important to ensure the bags are free of obvious visibility mentioning MHM items.
- Many organisations conduct prior assessment to precisely capture the needs of menstruating women (sizing of undergarment, newly menstruating girls, women continuing to menstruate etc). It is recommended to be included.

Recommended Minimum Standards for MHM Kit Content

Serial Number	Item	Size/Weight/ Characteristics	Quantity (6 months)	Remarks
1.	Reusable Cloth	Soft, absorbent easy to dry, dark coloured material lasting at least 6 months. Fabric weight of 170-180 gm/m ²	4 m ²	Agencies could choose either of the options although thick reusable pads might take longer to dry compared to cloths
	Reusable Pads	Colored, lasting multiple washes for 6 months, made from soft absorbent cotton, preferably flannel with synthetic moisture impermeable backing.	6 Pieces	
2.	Pants	S, M and L size	3 Pieces	Required sizes could be estimated during surveys conducted prior to distribution
3.	Laundry Soap	125-150 gm	6 Bars	Specifically, to wash menstrual items in addition to monthly soap distribution*

Reference

1. Attendance List and MHM Technical Meeting presentation ([13 December 2022](#))
2. UNFPA Specifications on Reusable Menstrual Products ([Link](#))
3. Sphere Standard [2018 pg.104](#)
4. Findings on women's preference on MHM item; Ma Boinor Rosom ([Link](#))
5. Women's request on extra soap solely for MHM ([Link](#))