

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 299,058 girls and women aged 12 to 49 years (not including Bhasan Char) living in the camps. Until now, WASH Sector Cox's Bazar has 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 published 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. Followed by this strategy, a Guidance for MHM Kit Content in Camps (approved by SAG) has been published on 6th February 2023.

Justification for Revision

- Better collaboration with livelihood sector who has developed "Pads production" by vulnerable women in the camps creating local employment and developing capacities.
- Despite the minimum standard recommended in 2020 MHM strategy and reviewed in February 2023, there was significant variation in MHM kit contents creating disparity, so WASH sector is encouraging harmonization and equity.
- This revision considered latest context, rationalization, budget limitation and research findings documenting preference of women and girls.
- 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 harmonize 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 items is preferred. Not only it ensures the items reach beneficiaries directly, but it

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also provides an opportunity for community engagement on MHM privately. This preference has been captured during various assessments.

- To aid agencies using centralized 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 organizations 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	Content	Quantity	Remarks
1.	Reusable Pads	8 Pieces	Agencies are required to use Fabrics that can be dried easily for pads and underwear.
2.	underwear	3 Pieces	
3.	Kitten Bag/ Dignified non plastic Bag* *Costs can be reduced by adopting low-cost production/purchase	1 Piece	
4.	Laundry Soap	3 Bars (125-150 gm)	

- The kit should be distributed at six-months' intervals.

Reference

1. Guidance for MHM Kit Content in Camps ([6th February 2023](#))
2. Attendance List and MHM Technical Meeting presentation ([13 December 2022](#))
3. UNFPA Specifications on Reusable Menstrual Products ([Link](#))
4. Sphere Standard [2018 pg.104](#)
5. Findings on women's preference on MHM item; Ma Boinor Rosom ([Link](#))
6. Women's request on extra soap solely for MHM ([Link](#))
7. [MHM strategy](#) (WASH sector – 2020)