



Post-Abortion Care Package Supplies

Menstrual Pads	Snacks (no peanuts)
Heating pads	Note of encouragement**
Ibuprofen	Emergency Contraception
Sweets	Hand sanitizer
Walgreens/pharmacy gift card	Condoms
Mini water bottle/other drink	Tea bags
Lip Balm	Lotion
Face masks	Lube
Face wipes	Hand fan
Mouthwash	Fuzzy socks
Fidget toys	Ginger/nausea candy
Underwear	Gas cards
Mints	Tissues
Ramen	Pregnancy tests
Bath bombs	Shower steamers

**Especially helpful if some are in Spanish (clearly label these bags so staff know which are for English language patients and which are for Spanish language patients)

Note: Many patients have to travel for their abortion care. Be mindful to not include items that can't be carried on a plane, or are too large to easily pack



Post-Abortion Care Packages Support Examples

Full Support

Menstrual pads	Pain reliever	Heating pads	Ginger/nausea candy
Emergency contraception	Pregnancy tests	Note of support	Tea bags
Bath bomb	Snacks/candy	Lotion	Fuzzy socks
Face mask	Hair bands	Mints	Tissues
Ramen/soup pack	Condoms		

Basic Necessities

Menstrual pads	Pain reliever	Heating pads	Emergency contraception
Pregnancy tests	Condoms		

Self Care Support

Heating pads	Pain reliever	Menstrual pads	Ginger/nausea candy
Note of support	Tea bags	Bath bomb	Snacks/candy
Lotion	Fuzzy socks	Face mask	