Ways for Altrusa clubs to support

1. Gather Monetary Donations
   $10 = 1 Days for Girls Kit that lasts 3 years!
   [https://donate.daysforgirls.org/altrusa](https://donate.daysforgirls.org/altrusa)

2. Gather Days for Girls Kit Supplies
   - travel size soap
   - Ziploc bags (gallon size, freezer)
   - girl panties (sizes 10, 12, 14, 16)
   - washcloths
   - grosgrain ribbon (5/8" width, 38" length)
   - 100% cotton fabric
   - 100% cotton flannel fabric
   *pattern restrictions apply to fabric, see additional page for guidelines

3. Volunteer with a local Days for Girls Chapter or Team
   Email chaptersassist@daysforgirls.org to get connected with a group near you.

4. Start your own Days for Girls Team
   Start by filling out the New Team Application here:
   [www.daysforgirls.org/chaptersandteams](http://www.daysforgirls.org/chaptersandteams)

Thank you for helping us reach Every Girl. Everywhere. Period.