

Hi all,

Just a reminder that the period products drive, directed by Public Health Club, ends in one week! Thank you to everyone for all of the generous donations. I was approached today regarding which pads, tampons, and products to buy. It is completely understandable to feel confused regarding the vast array of options in any convenience store for sanitary products. As such I'd like to make some recommendations.

There should be a lane, namely in any Walgreens or CVS, which has a plethora of sanitary products:

For pads, there are different sizes ranging from size 1 to 5, or ultra-thin to extra thick. Please do not bring any panty liners. I've attached an image with a commonly used sanitary products brand that should be available at every store in case you are completely uncertain of what to buy. They can have flaps or no flaps, and the size of the pads doesn't matter. The company "Always" usually is in every store available and they have a variety of sizes you can choose from — which are all acceptable.

As for tampons, "Tampax" is the most commonly sold company, and if tampons are available at the store you are going to, Tampax will most likely be the company that carries them. I've also attached images for the product as well

Please do not hesitate to email me or ask in person, any questions.

I have attached a document titled 'BUYING PRODUCTS' with recommendation links, images, and I have attached other documents which contain some resources if you want to further dive into the tampon tax and the menstruation stigma!

Here are some recommendation links:

Always Ultra Thin Feminine Pads with Wings for Women, Super Absorbency, Unscented, Size 2 (126 Count) [https://www.amazon.com/dp/B01IZ5FDNA/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_ZXGGWNQEF7HMX1BGB0Y9](https://www.amazon.com/dp/B01IZ5FDNA/ref=cm_sw_r_cp_api_glt_i_ZXGGWNQEF7HMX1BGB0Y9)

Ultra Thin Size 1 Regular Pads with Wings Unscented [https://www.amazon.com/dp/B00G8DDBOU/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_V2SPKMMXPXXZ0WSN33PB](https://www.amazon.com/dp/B00G8DDBOU/ref=cm_sw_r_cp_api_glt_i_V2SPKMMXPXXZ0WSN33PB)

Always Maxi Feminine Pads for Women, Regular Absorbency, 24 Count, No Wings, Unscented (24 Count) [https://www.amazon.com/dp/B000GCNB6C/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_Y968XDZEW7TW4DANTFVP?psc=1](https://www.amazon.com/dp/B000GCNB6C/ref=cm_sw_r_cp_api_glt_i_Y968XDZEW7TW4DANTFVP?psc=1)

Always Infinity FlexFoam Pads for Women, Size 5, Extra Heavy Overnight Absorbency, Unscented, 22 Count (Pack of 3, Total 66 Count) [https://www.amazon.com/dp/B07NLXKYWN/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_96N7Y878D08BASY25X48](https://www.amazon.com/dp/B07NLXKYWN/ref=cm_sw_r_cp_api_glt_i_96N7Y878D08BASY25X48)

Tampax Radiant Plastic Tampons, Regular/Super Absorbency Duopack, 112 Count, Unscented, 28 Count, Pack of 4 (112 Count Total) [https://www.amazon.com/dp/B077NHB343/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_27Q0AFP79E05C1ETR254?encoding=UTF8&psc=1](https://www.amazon.com/dp/B077NHB343/ref=cm_sw_r_cp_api_glt_i_27Q0AFP79E05C1ETR254?encoding=UTF8&psc=1)

Tampax Pearl Tampons with Plastic Applicator, Regular Absorbency, Unscented, 36 Count [https://www.amazon.com/dp/B007NEEHV4/ref=cm\\_sw\\_r\\_cp\\_api\\_glt\\_i\\_56XQOK15T6TQ7WTWQSZ6](https://www.amazon.com/dp/B007NEEHV4/ref=cm_sw_r_cp_api_glt_i_56XQOK15T6TQ7WTWQSZ6)



GH Good Housekeeping

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9 Best Tampon Brands of 2022 – Top Tested Tampons Reviewed

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