

Example box HMB

Dutch haemophilia nurse Willie Greevenbroek, Van Creveldkliniek Utrecht, thought that it would be great if girls could see and feel products possible to use during their period. Sometimes they are on the pricier side and it is nice to know what you get you for your money.

Where possible I mention a European websites where you can order an example for your HTC.

Underwear

<https://eu.modibodi.com/pages/teen>

eu.modibodi.com/pages/teen

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LIMITED EDITION
Bright new prints are HERE!

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Period underwear and swimwear for **tweens** and **teens**

Hipster Boyshorts Hipster Bikini Swimwear Bundles

eu.modibodi.com/pages/teen

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CATEGORY	STYLE	PROTECTION
NEW ARRIVALS	BOYSHORTS	MAXI-24HRS ABSORBENCY
UNDERPANTS	HIPSTER BIKINI	MODERATE-HEAVY ABSORBENCY
SWIMWEAR	BUNDLES	LIGHT-MODERATE ABSORBENCY
BUNDLES	SWIMWEAR	
ACCESSORIES		

<https://www.goodhousekeeping.com/health-products/g27421796/best-period-panties/>

Tampons, pads an cups

Tampons

Try to avoid the mini or regular size.

Go for super or super plus.

Buy a demonstration model that is easy to buy in your country.

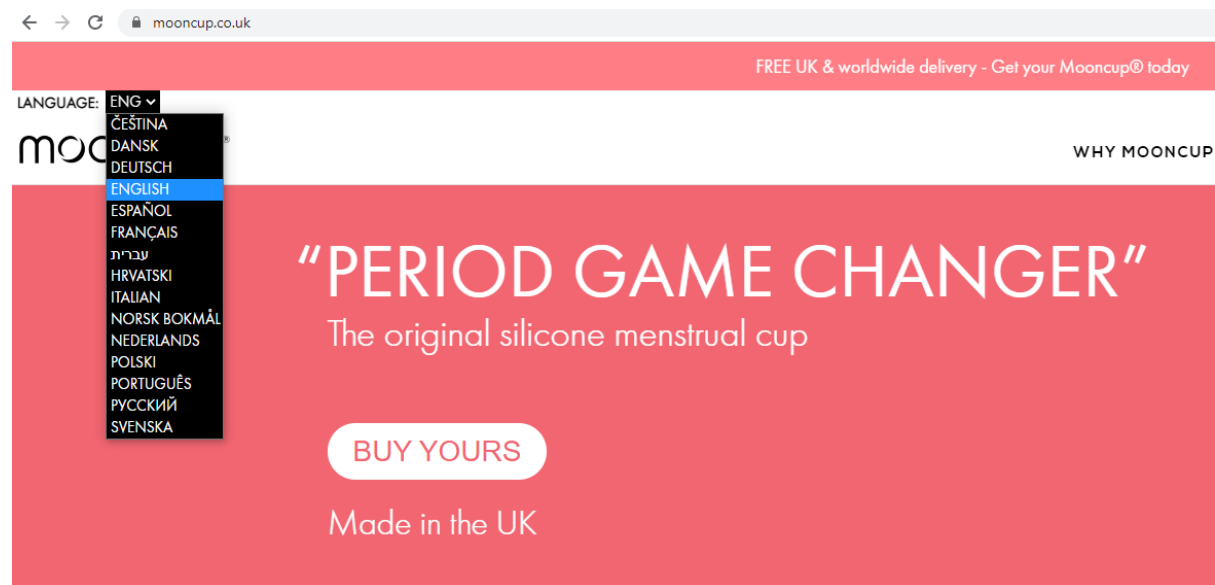
Please check if girls know how to use them.

Pads

Again, go for the more absorbent ones. The thin ones will not give enough protection.

Mooncup

<https://www.mooncup.co.uk/nl/>

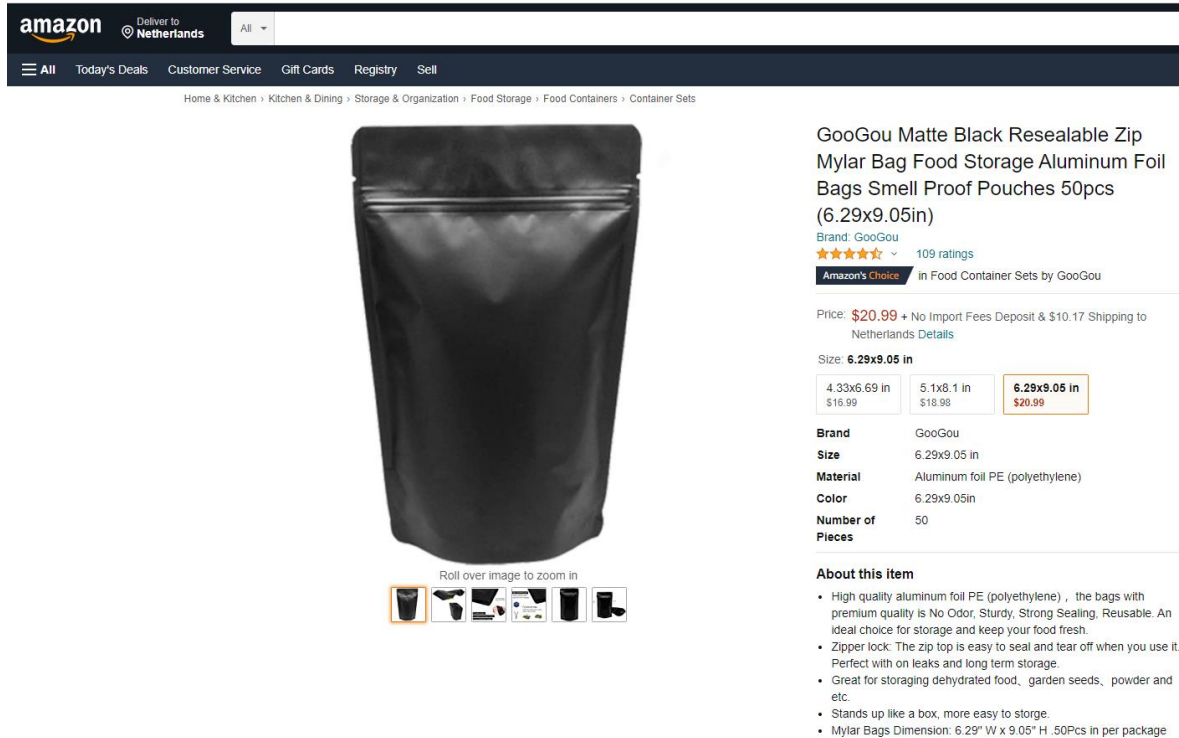


The screenshot shows the Mooncup website homepage. At the top, there is a navigation bar with a language dropdown menu set to 'ENG'. The main content area features a large red banner with the text: "PERIOD GAME CHANGER" in large white letters, followed by "The original silicone menstrual cup" in smaller white text. Below this, there is a white button with the text "BUY YOURS" and the phrase "Made in the UK" underneath. The website's logo "mooncup" is visible on the left side of the banner.

Transport

In case of an accident where do you leave your stained underwear?

[Black reusable ziplock bags](#)



The screenshot shows an Amazon product page for GooGou Matte Black Resealable Zip Mylar Bags. The main image is a large black bag with a zipper top. Below it are smaller images showing the bag's features and usage. The product title is "GooGou Matte Black Resealable Zip Mylar Bag Food Storage Aluminum Foil Bags Smell Proof Pouches 50pcs (6.29x9.05in)". The price is \$20.99, with a note about import fees and shipping. The size is 6.29x9.05 in. The brand is GooGou, and the material is Aluminum foil PE (polyethylene). The number of pieces is 50. The page also includes a "About this item" section with several bullet points describing the bag's features and benefits.

amazon Deliver to Netherlands

Home & Kitchen > Kitchen & Dining > Storage & Organization > Food Storage > Food Containers > Container Sets

GooGou Matte Black Resealable Zip Mylar Bag Food Storage Aluminum Foil Bags Smell Proof Pouches 50pcs (6.29x9.05in)

Brand: GooGou
★ ★ ★ ★ ★ 109 ratings
Amazon's Choice in Food Container Sets by GooGou

Price: **\$20.99** + No Import Fees Deposit & \$10.17 Shipping to Netherlands Details

Size: **6.29x9.05 in**

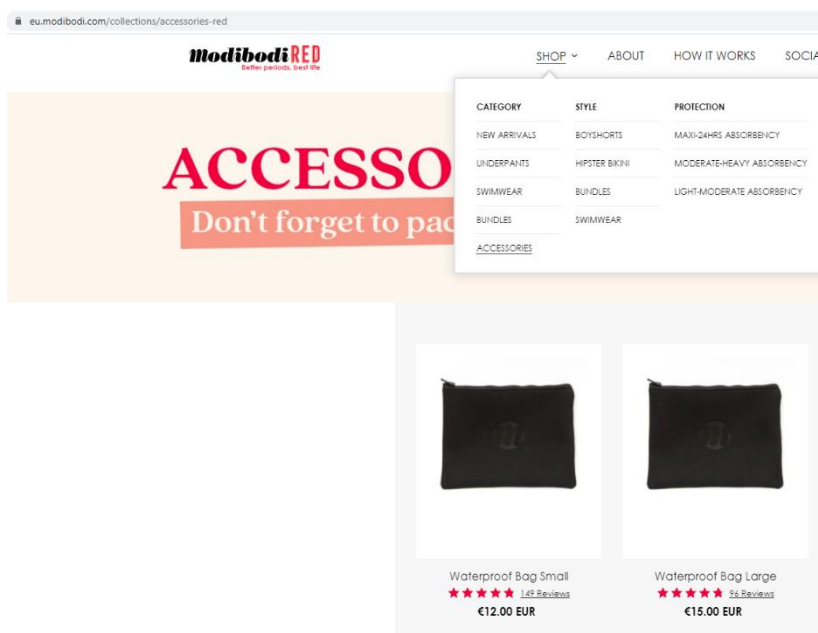
4.33x6.69 in \$16.99	5.1x8.1 in \$18.98	6.29x9.05 in \$20.99
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Brand GooGou
Size 6.29x9.05 in
Material Aluminum foil PE (polyethylene)
Color 6.29x9.05in
Number of Pieces 50

About this item

- High quality aluminum foil PE (polyethylene) , the bags with premium quality is No Odor, Sturdy, Strong Sealing, Reusable. An ideal choice for storage and keep your food fresh.
- Zipper lock: The zip top is easy to seal and tear off when you use it. Perfect with on leaks and long term storage.
- Great for storing dehydrated food, garden seeds, powder and etc.
- Stands up like a box, more easy to storge.
- Mylar Bags Dimension: 6.29" W x 9.05" H .50Pcs in per package

<https://eu.modibodi.com/collections/accessories-red>



The screenshot shows the Modibodi website's navigation menu and product listings. The navigation menu includes "SHOP", "ABOUT", "HOW IT WORKS", and "SOCIAL". The "SHOP" menu is open, showing categories like "NEW ARRIVALS", "UNDERPAINTS", "SWIMWEAR", "BUNDLES", and "ACCESSORIES". The "ACCESSORIES" category is selected, showing two product listings: "Waterproof Bag Small" for €12.00 EUR and "Waterproof Bag Large" for €15.00 EUR. Both products have 5-star ratings and customer reviews.

eu.modibodi.com/collections/accessories-red

modibodiRED Safe periods. Last life

SHOP ▾ ABOUT HOW IT WORKS SOCIAL

ACCESSORIES

ACCESSO
Don't forget to pack

Waterproof Bag Small
★★★★★ 149 Reviews
€12.00 EUR

Waterproof Bag Large
★★★★★ 56 Reviews
€15.00 EUR

Matrass protection

On the internet you can easily find washable matrass urine loss protection covers. Make a list of which ones are for sale in your country.

A lot can be found on web shops like amazon.

