Shopping Guide

Shopping for menstrual products can be overwhelming. There are many options to choose from and unique sizing for different flows, bodies, and preferences. Pads and liners can be worn in underwear and tampons can be inserted into the vagina. There are also reusable options such as cloth pads, period underwear, menstrual cups, and menstrual discs. For more information on period products see the *Period Product Guide*.

Where to Shop & What to Buy

Menstrual products can be found at most grocery stores, pharmacies, and online. Many schools and public places provide menstrual products for free. When walking into a store, the menstrual product section is typically labeled "feminine hygiene products". Beyond sizing, you will see labels for organic or 100% cotton pads and tampons. Many people choose this option if they buy clothes made of natural fibers and organic groceries. 100% organic cotton is also good for someone experiencing skin irritation from other products.

Shopping for a First Period

When you are getting products for someone's first period, it is a good idea to get multiple sizes of multiple products. I would start with disposable products like pads and tampons or period underwear if you want a reusable product. For example, you could buy night pads, day pads, and a multipack of tampons (light, regular, super). Tampons with applicators are more common and are easier to use. When you give the products to your menstruator, talk about what each one is and how to use them. The *Period Packing Party Activity* is a great tool to help this conversation and get your menstruator ready for their first period!

Brands we Love

saalt soft menstrual cup

- ★ Good for menstrual cups and discs
- ★ Teen sizing
- ★ Sustainable
- ★ Donates 2% to address period poverty

Period. By The Period Company

- ★ Good for period underwear
- ★ Teen sizing
- ★ Sustainable
- ★ Affordable (about $10 a pair)

August DAY PADS — 96 PADS, Compostable wrappers, 100% organic cotton, Designed for comfort and absorbency

- ★ Good for pads & tampons
- ★ 100% organic cotton
- ★ Sustainable
- ★ Gender Neutral