



IT'S IN THE BAG

RESOURCE AND INFORMATION PACK

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WELCOME

Welcome the Olave Program's *It's in the Bag* resource and information pack. For three years, the Olave Program has been leading the Australian Guiding community's involvement in Share the Dignity's annual Christmas appeal, *It's in the Bag*, helping to achieve the charity's goal of eliminating period poverty.

This resource and information pack will guide you through the many elements to consider when participating in *It's in the Bag*, including if you decide to hold a packing party. The ideas and resources can be chosen and implemented as suited to your peer group, aiding your ability to make a bigger impact.

WHO IS SHARE THE DIGNITY?

Share the Dignity is a charity that works to make a real difference to the lives of women, girls and those who menstruate who are experiencing or at risk of homelessness, domestic violence or poverty. Since 2015, they've been committed to ending period poverty, improving menstrual education, and providing dignity to those facing adversity. Over the past ten years, they have led initiatives such as their Dignity Drive, community Dignity Vending Machines and Dispensers, the Eco Period club, and their flagship initiative, *It's in the Bag*.

Want more information?
www.sharethedignity.org.au



A collection of small, circular gold confetti pieces scattered across the top half of the page, above the title box.

WHAT IS “IT’S IN THE BAG”

It's in the Bag is Share the Dignity's annual Christmas appeal, which encourages Australians to put together bags of everyday essentials for donation to women and girls experiencing domestic violence and homelessness during the holiday season. Share the Dignity asks participants to fill handbags, totes and backpacks with toiletries and period products, and drop off their creations to Bunnings Warehouse collection points, where the bags are then distributed to Share the Dignity's partner charities in time for Christmas.

To amplify impact, Share the Dignity has provided a range of resources to support businesses and community groups with organising a *packing party*. A packing party is an opportunity to gather your community and put together as many bags as possible for the appeal.

A SHORT HISTORY OF OLAVES AND “IT’S IN THE BAG”

It's in the Bag is a particularly meaningful appeal for the Olave Program to support, given our shared values. By getting involved, we are supporting young women and girls doing it tough in the community, striving to achieve a world where girls and young women can thrive.

For over three years, Australian Olaves have been committed to supporting *It's in the Bag* through our annual, national campaign. For the first time in 2023, the Olave Program set a national goal for Olave Peer Groups and the Australian Guiding community to collectively put together 600 bags for donation. Olave Peer Groups have held fundraising initiatives, collections with their Districts and Regions, organised packing parties and encouraged Units and Trefoil Guilds all over the nation to make a significant contribution to the appeal. In the years following, the Olave Program has made increasingly substantial contributions; in 2025, the Olave and Guiding community set a record of donating 1,229 bags to the appeal. We're excited to continue increasing our impact, with our goal of 1,500 bags in 2026.



"IT'S IN THE BAG" 101

So you've decided to get involved in *It's in the Bag* - amazing!

No matter how many bags you create, it's important that you make sure each bag you put together contains all required items.

There are three different types of bags you can create: Adult bags, teen bags, and mum and bub bags.

You can pack your items into handbags, tote bags and/or backpacks. A list of what must be included in each bag is detailed below:



ADULT BAG

- Period Products
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Deodorant (roll-on preferred)
- Soap or Body Wash



TEEN BAG

- Period Products for small bodies
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Deodorant (roll-on preferred)
- Soap or Body Wash



MUM AND BUB BAG

- Maternity Period Products
- Shampoo & Conditioner
- Toothbrush & Toothpaste
- Deodorant (roll-on preferred)
- Soap or Body Wash
- Newborn Nappies & Nappy Bags
- Breast Pads
- Baby Shampoo
- Baby Soap/Wash
- Baby Wipes
- Dummy
- Nappy Rash Cream

FOR ALL BAGS

You are encouraged to include a **handwritten note** and a **luxury item** or two in each bag; think a lip balm, stationery, a claw clip, or something else special.

Make sure not to include pharmaceutical items, razors, nail scissors, food and drink or loose pads and tampons.

A NOTE ON QUALITY VS QUANTITY

While making as many bags as possible is an exciting idea, it's important to remember that **each bag should be a quality, thoughtful gift.**

When purchasing items for *It's in the Bag*, consider that reputable, quality brands will be extra special for the recipient to receive, compared to home brand products. Think twice before reaching for the cheapest products.

Furthermore, hotel toiletries and samples are not a meaningful inclusion in your bag. Additionally, any luxury items you include should be thoughtful. *It's in the Bag* isn't the opportunity to 're-gift' unused toiletries and items you have been meaning to get rid of.

When putting together your bags for donation, always remember to prioritise creating something that you would be happy to receive.



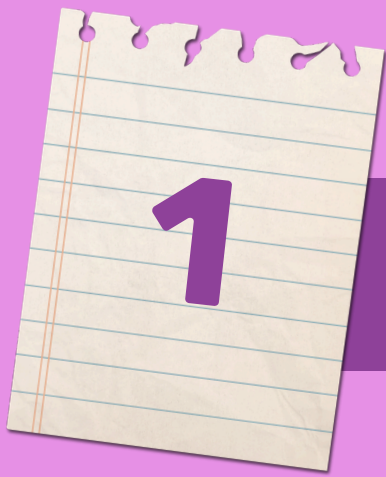


PACKING PARTY 101

So, you want to participate in *It's in the Bag* and make the biggest possible impact? Organising a packing party is a great service project for your Peer Group that has the opportunity to bring together your District and/or Region, including Trefoil Guilds and Guide Units, all the while supporting Share the Dignity. This guide has been designed to help you consider all the steps involved and provide suggestions which you may like to implement to support the organisation and success of your packing party.

This resource guide covers the following considerations:

- ☐ **Timeline**
- ☐ **Register your packing party**
- ☐ **Getting others involved**
- ☐ **Tracking your collection**
- ☐ **Shopping for additional items**
- ☐ **Packing party time**



TIMELINE

In 2026, It's in the Bag collection points will be open from 6th – 22nd November. The first step is considering your timeline to ensure you have everything prepared before the appeal ends.

First, you should set a date for your packing party that allows for enough time to drop off the bags you have created to Bunnings before collection points close.

If you're getting your District, Region, workplaces or community groups involved, you'll need to allow enough time to collect items from them. This includes distributing notices and setting up collection points, allowing 2-4 weeks for people to drop off their donations, and collecting and counting up the items collected prior to your packing party.

Additionally, if your peer group is organising the purchase of more items to create more bags, you'll need time between finalising your community collection and the packing party to do so.

A suggested timeline is summarised on the next page. Note depending on your packing party plans, some elements may not be relevant to you.

Packing Party - Suggested timeline

Week of 12 October

- Reach out to Units/ Trefoil Guilds/ workplaces/ ect.
to request the set up of a collection point

Week of 19 October

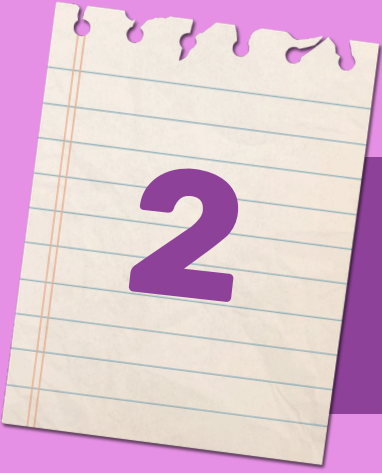
- Set up collection points
- Distribute flyers, set up posters and begin calling for item donations

Week of 9 November

- Collect items from collection points
- Tally total items collected
- Budget for how many additional items to purchase

Week of 16 November

- Shop for additional items
- Hold packing party
- Drop bags off to Bunnings



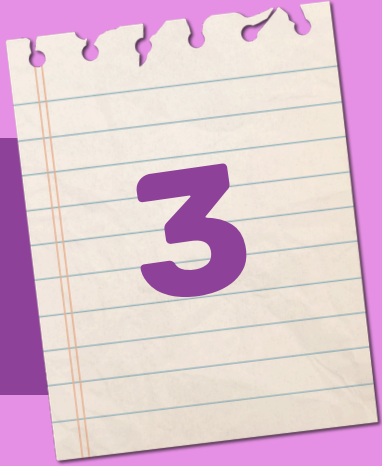
2

REGISTER YOUR PACKING PARTY

By registering your packing party with Share the Dignity, you get access to Share the Dignity's [packing.party.resources](#), as well as a fundraising page – perfect for family and friends who want to contribute who can't drop off items for inclusion in your bags. You can register your packing party [here](#).

Registering your packing party is optional and at the discretion of the peer group.

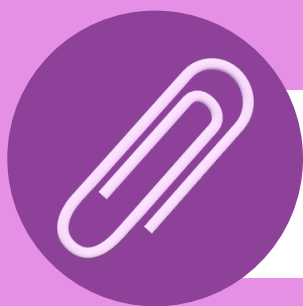
GET OTHERS INVOLVED



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If your Peer Group is hoping to make as many bags as possible, the best way to achieve this is to get as many people involved as possible! You might like to request the donation of items from:

- Girl Guide Units in your District/Region
- Trefoil Guilds in your District/Region
- Peer Group members' workplaces
- Peer Group members' community groups



Get others involved

Appendix resources

The best way to involve these groups involved is to reduce the workload required on their end. If your Peer Group can supply informational flyers, posters and a tub or basket for the collection point and pick up all items collected, this will make it easier for these groups to come onboard.

We've included the following in the appendix:

- **Request for collection point template**

Use this email template to ask Guide Units, community groups and workplaces if they're happy to be a collection point for items for your packing party, and what's involved.

- **Flyer for Guiding families**

This flyer can be printed and provided to Guide Units to hand out to their Guides, promoting your collection and detailing what can be donated.

- **Collection point poster**

This poster can be printed and displayed as part of your collection points, a great way to remind those from involved groups to bring along a donation.

This is in addition to the resources you will receive from Share the Dignity after registering your packing party.



Get others involved

Trefoil Guilds

Many Trefoil Guilds have previously supported *It's in the Bag*; why not involve your local Trefoil Guild for an intergenerational Guiding service project?

To find out what Trefoil Guilds are near your Peer Group, contact your State Trefoil Guild Advisor:

State Trefoil Guild Advisors

NSW, ACT & NT

trefoilguild@girlguides-nswactnt.org.au

Western Australia

trefoil@girlguideswa.org.au

South Australia

trefoil@girlguidessa.org.au

Tasmania

trefoil@girlguidestas.org.au

Victoria

trefoilguild@guidesvic.org.au

Queensland

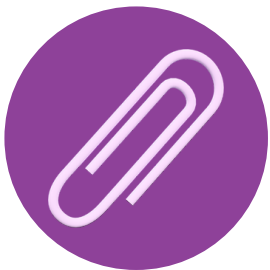
trefoilguild@guidesqld.org

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TRACKING YOUR COLLECTION & BUDGETING AND FUNDRAISING

You will need to keep track of your collection to account for different amounts of each item you will likely end up receiving.

Because of the fact you will likely receive different amounts of each item, you might choose to organise the purchase of additional items to increase the number of bags you can put together.



We've created a spreadsheet which you can use to keep track of how many items you have collected, available in the appendix. For Peer Groups purchasing additional items, the spreadsheet allows you to input how many of each type of bag you'd like to create and calculates the total number of remaining items you would need to purchase to reach your goal, as well as the projected cost, based on an input cost per item. This can help you budget and ascertain how many bags you can create.

Your Peer Group might consider fundraising to increase your ability to purchase additional items. Check out some fundraising ideas on the next page.

Packing Party - Fundraising ideas

Trivia night

- A trivia night is a great fundraiser – you can charge patrons a cost for an entry ticket, include mini games to play for an extra cost and/or hold a silent auction of donated items. Make sure to register your fundraising event with your SSGO if required.

Bunnings BBQ

- Bunnings BBQ is a classic fundraising option. You can contact Bunnings Warehouse stores in your area to ascertain different dates with available slots – make sure you choose a date where a sufficient number of peer group members are able to help out on the day. Remember, you might have to register your fundraising event with your SSGO.

Raffle

- You can reach out to local businesses to request items/experiences for donation to a raffle. Prioritise businesses your peer group has engaged with, and highlight this when making your request. You can sell raffle tickets online or at Guiding events. Make sure to seek approval from your SSGO if required.

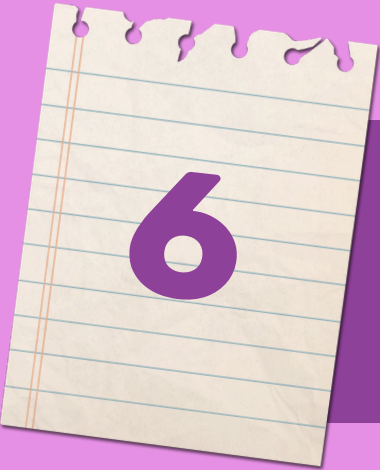
SHOPPING FOR ADDITIONAL ITEMS

A piece of lined paper with a purple number 5 on it.

After finishing your collection, tallying your items, budgeting and locking in the number of bags you will create and the remaining items needed, it's time to shop for any additional items you're going to purchase.

If you're short on bags, a great place to look is opportunity shops. Some opportunity shops are pricier than others, so be sure to shop around. Independent and church-run stores can often have the best prices.

For all your other items, you might like to gather your Peer Group together for a big supermarket shop! Make sure you go in with a plan, including if there aren't enough items within your budget in stock. If possible, you might like to head to a shopping centre, lest you need to go to another store to find more of your required items!



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PACKING PARTY TIME!

So, you have your items and bags ready to pack, but you'll need to consider some last few elements ready for your packing party.



The more the merrier

If your packing party will need lots of hands, you might like to invite others to help. Trefoil Guild members and Guiding members of your District/Region might like to attend. This provides a great opportunity to combat period stigma and hold a group discussion about the impact of poverty on women and girls accessing hygiene products. Make sure to spread the word with plenty of time prior to the packing party!



***It's in the Bag* guide**

It's a good idea to print multiple copies of the [It's in the Bag guide](#) which attendees can use to ensure they include all required items in the bags packed.



Photos

Be prepared to take lots of photos of your event! Photos are a great way to capture your impact and demonstrate to those who have supported you (Girl Guide Units, workplaces, ect.) what you have achieved. If you've created an *It's in the Bag* fundraising page, a social media post with photos from the event is a great way to call for donations from those who did not contribute to your item collection.



Tagging

It's important that you're prepared to tag your bags, so that they can be identified as either adult, teen or mum and bub bags once donated. Adult bags should be tagged pink, teen bags should be tagged yellow and mum and bag bags should be tagged purple.

You could purchase coloured ribbon to attach to your bags, or you can print the bag tags on Share the Dignity's [packing.party.resource.page](#).



Note writing

Don't forget to bring the resources required to include a handwritten note in each bag! You might like to buy a bulk pack of cards or use the postcard template from the [packing.party.resource.page](#). Asking attendees to write a short message of hope and holiday cheer for inclusion in your bags can make them all the more meaningful for their recipients.



Party ambiance!

Your packing party should be a memorable occasion! You might like to play Share the Dignity's packing party introductory video to set the scene – you can find it on the [packing.party.resource.page](#). Don't forget to bring a laptop (and charger) and any HDMI and adaptor cords you might need to connect to an available TV or projector.

A speaker (and charger) to play some music is a great way to keep the energy high throughout the event – perhaps some Christmas music or girl power anthems?

You could even create some *It's in the Bag* bunting to display with blu tak at the event – use the template on the [packing.party.resource.page](#).



Logistical plan

Don't forget, at the end of your packing party, you'll need to store your bags somewhere until they are dropped off to your local bunnings. Ensure you have plans for where you will put your created bags, who will transport and drop them off to Bunnings, and when.

CELEBRATE YOUR IMPACT

You've held your packing party - congratulations! Don't forget to drop off your bags to Bunnings before collection ends on 22nd November. Importantly, please let us know how many bags you have created and donated by completing our [survey](#). This helps us track the impact we've made and monitor our progress towards our goal of 1500 bags.

Don't forget to personally thank all the Units, Guilds and workplaces and/or other groups that contributed to your collection.

We appreciate all the Olave Peer Groups, Trefoil Guilds and Girl Guides Units who are helping us contribute to Share the Dignity's goal of eliminating period poverty!



The background of the page is a solid purple color, decorated with numerous small, circular gold confetti-like elements scattered across the surface. A dark purple rectangular box is centered horizontally and vertically, containing the word "APPENDIX" in white, bold, uppercase letters.

APPENDIX

Email templates

EMAIL TO GIRL GUIDE UNITS / TREFOIL GUILDS

Dear [name],

My name is [name] from [peer group name], and I'm reaching out ahead of this year's *It's in the Bag* appeal.

For the fourth year in a row, Australian Olaves are supporting the [Share the Dignity It's in the Bag](#) appeal, assisting women and girls experiencing domestic violence and homelessness over the holiday season by providing them with bags of period products and essentials.

[Peer group name] is hoping to bring together Girl Guide Units from [region / district] to support us will collecting item donations, to help us reach our goal of putting together [number] of bags for donation!

We'd appreciate your support in agreeing to host a collection point at your unit. As part of the collection point, we would provide:

- A basket for collected items
- A poster for display alongside your item collection
- Flyers to hand out to Guiding families
- Pickup of all collected items

The collection point materials and flyers would be dropped off before Guides on [date] and collected after Guides ends on [date].

We would greatly appreciate your support in bringing the [district / region] together for this cause – please let me know by [date] if we can count on you to set up a collection point at your unit.

Kind regards,

[Name]



[Access the templates](#)

Flyer for Guiding families

HELP COLLECT ITEMS FOR "IT'S IN THE BAG"

The Girl Guides Australia Olave Program is proud to be supporting Share the Dignity's *It's in the Bag* appeal, assisting women and girls experiencing homelessness and domestic violence over the holiday season.

[OLAVE PEER GROUP] is calling for donations from [DISTRICT / REGION], with the goal of putting together [NUMBER] of bags of essentials for donation!

WHAT CAN YOU DONATE?

- Handbags, tote bags and backpacks in good condition

For adult and teen bags

- Period Products for adults
- Period Products for teens
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Roll-on deodorant
- Soap or Body Wash

Extras for mum and bub bags

- Maternity Period Products
- Breast Pads
- Baby Shampoo
- Baby Soap/Wash
- Baby Wipes
- Dummies
- Nappy Rash Cream
- Newborn Nappies & Nappy Bags

*Luxury items such as scrunchies, hairbrushes and makeup are also welcome.
All donations should be of a quality appropriate for gifting!*

Please return all donations by [date] to [Girl Guide Unit].

WHAT IS THE OLAVE PROGRAM?

The Olave Program is for members of Girl Guides Australia aged 18 – 30 years old, with a focus on community, self-development and adventure.

[OLAVE PEER GROUP] is made up of Olaves from [DISTRICT / REGION]. We're part of the wider Guiding community and are bringing Guide families together to support an important cause.



[Access the editable template](#)

Poster for Guide Units

WE'RE COLLECTING ITEMS FOR IT'S IN THE BAG

[OLAVE PEER GROUP] is calling for donations from [DISTRICT / REGION], with the goal of putting together ### bags of essentials for donation to *It's in the Bag*!

YOU CAN DONATE:

- Handbags, tote bags and backpacks in good condition
- Period Products
- Shampoo and Conditioner
- Roll-on deoderant, soap and body wash
- Mum and bub essentials, such as nappies and dummies
- Luxury items, such as scrunchies or makeup

All donations should be of a quality appropriate for gifting!

Please return all donations by [date]

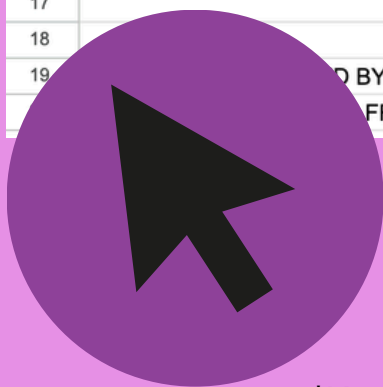
Thank your for your support of women and girls doing it tough over the holiday season.



[Access the editable template](#)

Collection and budget tracker

	A	B	C	D	E	F
1		Deoderant	Teen period products	Adult period products	Toothpaste	Toothbrushes
2	NAME Girl Guide Unit	0	0	0	0	0
3	NAME Girl Guide Unit	0	0	0	0	0
4	NAME Trefoil Guild	0	0	0	0	0
5	NAME Workplace	0	0	0	0	0
6	NAME Community Group	0	0	0	0	0
7	Total	0	0	0	0	0
8						
9	Mum and bub - want to make?	0				
10	Teen - want to make?	0				
11	Adult - want to make?	0				
12	AMOUNT TO CREATE	0				
13						
14	EXTRAS NEEDED	0	0	0	0	0
15	COST PER ITEM	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
16	Link to budgeted product	<i>Link here</i>	<i>Link here</i>	<i>Link here</i>	<i>Link here</i>	<i>Link here</i>
17						
18						
19	PAID BY COMMUNITY					0
20	PAID FROM PEER GROUP					0



[Access the editable spreadsheet](#)

*You will need to make a copy of the spreadsheet template

ACKNOWLEDGEMENT

This Activity Pack has been developed by Zoe De Paola to support Girl Guides Australia members participating in the Olave Program's *It's in the Bag* drive.

Some information and resources in this pack have been sourced from the Share the Dignity website, including links to the packing party materials they have created for *It's in the Bag*. We respect the creators of these materials and acknowledge their original work.



GIRL GUIDES

A U S T R A L I A

OLAVE PROGRAM

