

INCLUSIFIT

Your period short.

What it is

How to wear it.

How to care for it.

WHERE COMFORT MEETS INCLUSIVITY

THE BASICS

What a period short is.

A period short is a garment that absorbs your bleeding. Nothing to insert, nothing to stick on, nothing to throw away. You wear it, you wash it, you wear it again.

If no one ever explained periods to you, you're not alone and you haven't done anything wrong. Many intersex people reach their first bleed with no warning at all. This is built to make that manageable quietly, and on your own terms.



Inside: a soft layer that pulls moisture off your skin, an absorbent middle that holds it, and an outer barrier that keeps it off your clothes.

Outside: a boxer cut with real room through the front and a wide, soft waistband that holds without pressing. Stretch fabric that moves with you walking, training, playing, sleeping.

Sizes XS to 3XL. One product, made properly, for every body that needs it.

This is clothing, not a medical device. If bleeding is very heavy, very painful or worrying you, please see a health worker.

Putting it on.

- 1 **Wash it before the first wear.** Cold water, mild soap, air dry. Straight out of the packet it hasn't been washed yet.
- 2 **Put it on like any underwear.** The absorbent panel runs front to back through the centre. It should sit flat against you, with no bunching.
- 3 **Change it** when it starts to feel heavy or damp against your skin.
- 4 **Away from home?** Carry a spare and a sealed pouch. Swap, seal the used one, carry on. Nobody needs to know.

THE WHOLE POINT

Wearing it again. And again.

Worn and washed properly, one short takes the place of a long run of disposables less waste, and far less spent over a year.

Build a rotation. Three or more shorts means each one gets a full day to dry and rest. Elastic lasts longer when it isn't worn wet or worn daily.

New to this? Wear it on a lighter day first, or alongside whatever you use now, until you trust it. There's no rush.

EVERY TIME

Rinse. Wash. Dry. Store.



1 · RINSE, COLD, STRAIGHT AWAY

Rinse in cold water as soon as you take it off, until the water runs clear. Cold only warm water sets the stain.



2 · WASH GENTLE

By hand in cold or room-temperature water with a mild soap. Or by machine: cold, delicate cycle, inside a mesh bag.



3 · AIR-DRY ONLY

Open air, flat or on a line, away from direct heat. No dryer, no iron, no hot surfaces.



4 · STORE BONE DRY

Only put it away when it is completely dry. Somewhere that breathes not a sealed plastic bag.

NEVER

Bleach · fabric softener · boiling water · tumble dryer · iron · dry cleaning · wringing.

Softener coats the absorbent layer and stops it working. Heat destroys the stretch and the waterproof backing.

**Questions about sizing, fit or anything else —
consultations are free.**

inclusifit.fit · Nairobi, Kenya

Available XS–XXL