

## TIPS FOR SHIPPING SUPPLIES TO FOW-USA WAREHOUSE

1	Remove ostomy products from packaging and place into plastic bags. Place like products in the same bag. Squeeze out excess air and seal the bag.
2	Pack as many bags into each box as possible. The cost of shipping will generally decrease with the most weight in each box.
3	Use the mailing label template (Avery 5164) to complete the label with the donor name (you) appearing as the return address and the Louisville address as the shipping "To" label. Place a completed label inside the box, and one on the outside of the box.
4	Shop around for the best rate. Shipping and office supply stores for UPS and FedEx will likely be more expensive unless there is a business that will sponsor a shipment using their account for a discounted rate. AAA and AARP also offer discounted rates.