



# Hair with Heart GUIDELINES



## CHECKLIST FOR YOUR HAIR:



The length of hair needs to be 14 inches (35.5cm)



Hair needs to be natural - no permanent or semi-permanent hair dye.



Either full grey or a couple of grey strands is ok.



## CUTTING YOUR HAIR:

When cutting your hair, please:

1. Make sure it is clean and dry
2. Tie hair in multiple pony tails
3. Secure with evenly spaced elastic bands down the length of the pony tail, or plait each pony tail
4. Cut above the top elastic bands.



## SENDING YOUR HAIR:

1. Complete the online form  
<https://www.variety.org.au/hair-donation-form/>
2. Put your hair into a plastic bag
3. Post your hair and the form to:  
Variety – the Children’s Charity  
Locked Bag 24680  
St Leonards NSW 1590



**variety**  
the children's charity®

**Thank you for your incredible contribution.**