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Subject: Re: What's included in the One and Two Kits  
Posted by [Wayne Parham](#) on Wed, 05 Jul 2023 13:20:12 GMT  
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The flat-pack kits are all made from MDF. I prefer MDF over Baltic Birch unless the cabinets will be exposed to standing water or very high humidity. Baltic birch is more durable, but MDF sounds better. The joints are mortise and tenon. Thickness depends on the model, and are as shown in the plans.

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