



**These are the essentials we put in Care Packs for both adults and children:**

Toothbrush  
Toothpaste  
Deodorant  
Soap  
Travel size shampoo, conditioner and lotion  
Antibacterial wipes  
Protein snack (e.g., granola bars or tuna kit)  
Bottled water or juice box

**Additional items that can be included:**

Hairbrush  
Lip balm  
Tampons & panty liners  
New underwear (for men, women and children)  
Socks  
Elastic waist pajamas (child large and all adult sizes)  
Hat and gloves  
Sweat pants  
T-shirt or sweat shirt  
Small roll up blanket  
Quarters for phone calls in a small plastic bag  
Stuffed animal  
Journal or coloring book  
Pens, pencils & crayons

**Add a handwritten note of encouragement** e.g. “This Care Pack was lovingly packed for you because you are a treasure and you are valuable.”

**How important is your contribution?**

Here’s what an outreach worker said,

*One woman was cleaning herself in the bathroom and was crying. She loved the wipes. Everything in these Care Packs is essential. I am so grateful and so are they. We need them all the time.*

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