

Care packing list for our unhoused neighbors

Toiletries

- Toothbrush and toothpaste
- Mouthwash
- Floss
- Shampoo and conditioner
- Soap or body wash
- Washcloth
- Comb or brush

Non-perishable food

- granola bars
- crackers and peanut butter
- nuts
- tuna
- raisins
- dried cranberries
- Water bottles

Person hygiene

- Wet wipes
- Lip balm
- Lotion
- Socks
- Underwear
- Hand sanitizer
- Tissue
- Feminine hygiene products (if needed), and seasonal clothing items like hats and gloves depending on the weather
- Small first-aid kit

Protection from the elements

- Hat
- Gloves
- Windbreaker/light raincoat/poncho
- Hand warmers

