

Mutual Aid Master List

Items should be travel or individual sized when possible, as most folks in need of aid are on foot and can't carry full sized bottles of heavy things for miles everyday leaving and returning to the shelters.

Hygiene and Safety

Year Round

- Menstrual Products X
- Safer Sex Supplies X CI Friends
- Narcan X Jolt
- Hand Sanitizer X
- Cleaning Wipes
- Deodorant
- Bar Soap X
- Shampoo
- Conditioner
- Bonnets X
- Pregnancy Tests X
- Plan B
- Toothbrushes X
- Toothpaste X
- Floss X
- Mouthwash
- Razors X
- Shaving Cream X
- Band-aids X
- Chapstick X
- Triple Antibiotic Ointment
- Moleskin
- Salonpas
- Emergency Whistles
- Face Masks X
- Reusable Bags X

Seasonal

- Emergency Blankets Winter
- Handwarmers Winter
- Thick Hats, Gloves, and Socks Winter
- Sunscreen Summer X
- Bug Repellant Summer

Shelf Stable Food & Drink

- Bottled Water X
- Cereal, Granola, and Nut Bars X
- Instant Oatmeal X
- Tuna/ Chicken & Cracker Kits X
- Ramen Soup Cups
- Real Fruit Bars like Luna & That's It X
- Trail Mix
- Chips
- Treats X
- Gluten Free Snacks
- Fruit Snacks X
- Chef Boyardee X
- Other Heat & Eat Meals X

Current Situation June 2026

X = Do Not Need Currently

We are GOOD on food and water for the moment, so please take food mutual aid to Jolt Foundation (if it is ready to heat and eat) or Porch Pantry.

We are most IN NEED of:

- Bug Repellant
- Shampoo & Conditioner
- Deodorant
- Plan B
- Mouthwash
- Triple Antibiotic Ointment
- Moleskin
- Salonpas
- Emergency Whistles

PLEASE STOP DELIVERING BAGS OF PLASTIC BAGS. WE DO NOT NEED PLASTIC BAGS. We have colorful, drawstring, reusable bags for aid distribution and reuse.