



5cities homeless coalition
resources. support. hope.

Caring Kits Needed To Help The Homeless This Winter

The 5Cities Homeless Coalition is seeking financial support for bus tokens, clothing vouchers, laundry services and gasoline and propane vouchers. Additionally, as we look to the coming winter months, we are seeking assistance with a variety of care kits for the coming winter months to meet the needs of our neighbors living without homes.

If you would like to help with this project, please contact the 5Cities Homeless Coalition at 710-4330, liz.howland@5chc.org

A couple of notes for those who want to help:

- **Resealable Bag:** Each kit should be put together in a resealable bag, such as Ziplock. Please label the bag with the type of kit it is: Hygiene (for man or woman), cold weather, snack, etc.
- **Small Packages Are Best:** Remember that those who are homeless must carry all of their belongings with them, so small containers or items are much better than large ones (such as soap, shampoo, etc.)
- **Fragranced items** such as soap, hand lotion or deodorant can negatively affect the taste of food items if placed in the same bag. Pack these separately if you choose to give them.
- **Avoid items** that contain alcohol. Look for brands of mouthwash or hand sanitizer that do not contain alcohol, or omit them from your kit.
- **Food items** – All food must be individually wrapped and non-perishable. Healthy choices are best.
- **Have a Care Kit party!** Gather family, friends, co-workers or your community group to purchase supplies and assemble Care Kits together.

Sample Kit Ideas:

COLD WEATHER KIT

- Knit stocking cap
- Scarf
- Rain poncho
- Pair of gloves
- Tube socks
- Mylar blanket
- Hand warmers (2)

FIRST AID KIT

- Antibiotic Ointment Or Spray
- Band Aids
- Chapstick
- Cough Drops Or Mints
- Facial Tissue (Small Hand Pack)
- Foot Treatments (Athletes Foot, Sores, Warts)
- Pain Killers (Headaches, Tooth Aches, Aching Feet, Etc)
- Toenail Clippers

FOOD KITS

- Can Opener
- Canned Food
- Dried Nuts And Meats
- Carb Bars Or Packaged Snacks
- Crackers With Peanut Butter Or Cheese
- Fast Food Certificates
- Fresh Bottled Water
- Fruit Snack Or Applesauce Cup
- Granola Bar Or Cereal Bar
- Mints Or Cough Drops
- Tuna And Crackers

HYGIENE KITS

For men

- Body Wash
- Breath freshener (such as breath strips or mints)
- Comb Or Small Brush
- Deodorant
- Disposable Razors
- Facial Tissue (Small Hand Pack)
- Fingernail Clippers
- Qtips (Cotton Swabs)
- Shaving Cream
- Shampoo
- Soap
- Underwear
- T-Shirt
- Toothbrush
- Toothpaste
- Hand Towel

For women

- Body Wash
- Breath freshener (such as breath strips or mints)
- Comb Or Small Brush
- Deodorant
- Facial Tissue (Small Hand Pack)
- Feminine Hygiene Products
- Fingernail Clippers
- Qtips (Cotton Swabs)
- Shampoo
- Soap
- Underwear
- T-Shirt
- Toothbrush
- Toothpaste
- Hand Towel

LITTLE EXTRAS THAT MAKE A DIFFERENCE

- Baby Items (Diapers, Wipes, Diaper Cream, Etc.)
- Batteries
- Camping Cook Utensils
- Digital Watch (To Keep Appointments)
- Duffel/Gym Bag
- Flashlight
- Insulated Lunch Bag
- Phone Cards
- Sewing Kits
- Tarp
- Warm Waterproof Jacket