



CARE KIT ESSENTIALS

**A SMALL KIT.
A BIG ACT OF CARE.**

What to include in a thoughtful, practical kit

Choose travel sizes, new items and products that are easy to carry.

01 HYGIENE

Keep products unopened and unscented.

- ☐ Toothbrush + travel toothpaste
- ☐ Individually wrapped soap
- ☐ Travel-size deodorant
- ☐ Wet wipes / body wipes
- ☐ Tissues + toilet paper packet
- ☐ Hand sanitizer (small)
- ☐ Lip balm

02 WARMTH & COMFORT

Especially helpful in colder weather.

- ☐ New warm socks (adult sizes)
- ☐ Gloves or mittens
- ☐ Warm hat / beanie
- ☐ Hand warmers (sealed)
- ☐ Compact rain poncho
- ☐ Reusable water bottle
- ☐ Menstrual products (as needed)

03 FOOD & PRACTICAL

Choose ready-to-eat, easy-open options.

- ☐ Sealed snack bars / crackers
- ☐ Soft, shelf-stable food
- ☐ Bottled water
- ☐ Bandages (sealed)
- ☐ Small comb
- ☐ Resealable carrying bag

04 HUMAN CONNECTION

Make room for choice and kindness.

- ☐ Local resource / shelter information
- ☐ Transit card or gift card (optional)
- ☐ Short, respectful encouragement note
- ☐ Mini notepad + pen (optional)
- ☐ Pack a few item-choice options
- ☐ Ask what is actually needed



PACK WITH PURPOSE

Good intentions are strongest when paired with practical care.

DO THIS

- **Choose portable basics**
A small, light bag is easier to carry than a bulky box.
- **Keep everything clean**
Use new, sealed, individually packaged items.
- **Respect personal preference**
Offer kits rather than assuming what each person wants.
- **Adapt to the season**
Prioritize winter warmth or summer sun / hydration.
- **Add local help information**
Verify current service hours and contact details first.

AVOID THESE COMMON MISTAKES

- **Loose medication or supplements**
Do not include pills or anything requiring medical guidance.
- **Opened or expired supplies**
Skip used products and out-of-date food.
- **Hard-to-eat or perishable food**
Avoid cans without pull tabs, melting foods and glass.
- **Strong scents or harsh chemicals**
Fragrance-free items are often a safer choice.
- **Unwanted religious or personal messages**
Support should never depend on accepting a message.

SUGGESTED PACKING PLAN FOR 150 KITS

Core item target: 150 each

Socks • Toothbrushes • Toothpaste • Wipes • Snacks

Add season-specific items as donations and budget allow.

Tip: make a few separate kits with menstrual products upon request.

SHARE HOPE. PROTECT DIGNITY.

Always ask before handing a kit to someone. A kind conversation matters.