

Thank you for volunteering to fill a Backpack for the Homeless as part of Southminster Presbyterian Church's, The Church Has Left the Building outreach campaign. Items below are broken down into four categories, Basics, Toiletries, Health & Food. Items in **BOLD CAPS** are items we'd like to see in every bag while items in standard font are other ideas if you'd like to add a few (certainly not all) of them. Please check each item off as you fill the backpack. **Don't worry if you are unable to complete the backpack. The Mission Team will back-fill any missing items**, so checking off items as you go will help us when we review and complete each pack before delivery. We expect the total cost of items for a completed backpack to be in the \$30-\$50 range.

Basics

- WARM SOCKS**
- WINTER HAT**
- Gloves
- Winter Scarf
- Hand Warmers

Toiletries

- CHAPSTICK**
- COMB or SMALL HAIRBRUSH**
- TOOTHBRUSH**
- TOOTHPASTE (small tube)**
- HAND WIPES**
- Moisturizer (small)
- Small grooming kit (nail file, clippers etc.)

Health

- WATER BOTTLE (reusable)**
- BANDAIDS**
- KLEENEX**
- MASKS (SPC provided)**
- HAND SANITIZER (small)**
- First Aid Kit (small)

Food

- GRANOLA BAR/CEREAL BAR**
- DRIED FRUIT**
- FRUIT SNACK OR APPLESAUCE CUPS**
- INDIV. PORTION CRACKERS/COOKIES**
- CANDY GUM and/or MINTS**
- Beef Jerky
- Trail Mix/Nuts
- Treats/Chocolates
- Energy Drink
- \$5 Gift cards (ex. McD's)

Other potential items and ideas:

- Calling card
- Pen and journal/small notebook
- Feminine hygiene products
- Tea bags
- Instant coffee
- Protein powder packets