

## Summer:

### Clothing and Hygiene:

- Umbrella (sun and rain shelter)
- Poncho
- Nail clippers
- Bandages (bigger ones for blisters, cuts, etc)
- Hand lotion (preferably unscented)
- **Sunscreen**
- Toothbrush and toothpaste
- Wet wipes
- Face towels
- Comb or brush
- Tissues

### Food and Snacks:

- Water (reusable bottle?)
- **Beef Jerky**
- **Pop-top cans (soup, tuna, etc.)**
- Peanut butter crackers (will crumble)
- Breakfast/Protein bars (none that melt)
- Dried fruit
- Mints (Sugar free)
- Trail mix/nuts (maybe)

### Other / reminders:

- All in an easy to carry strapped bag or closable ziplock bag.
- Book to read
- Note from you- handwritten shows you care, and/or Scripture verse.
- Outreach card with your name and number on it.
- Do not just throw them out the window at someone. Take the time and talk with them then hand it to them nicely.
- List of resources for homeless (shelters, contact info, addresses)
- Be safe and aware.

## Winter:

### Clothing and Hygiene:

- **Socks**
- **Gloves**
- **Hand/Feet warmers**
- Nail clippers
- Bandages (bigger ones for blisters, cuts, etc)
- Hand lotion (preferably unscented)
- **Chapstick**
- Toothbrush and toothpaste
- Wet wipes
- Face towels
- Comb or brush
- Tissues

### Food and Snacks:

- Water (reusable bottle? Careful of freezing)
- **Beef Jerky**
- **Pop-top cans (soup, tuna, etc.)**
- Peanut butter crackers (will crumble)
- Breakfast/Protein bars (less worried about melting)
- Dried fruit
- Trail mix/nuts (maybe)

### Other / reminders:

- All in an easy to carry strapped bag or closable ziplock bag.
- Book to read
- Note from you- handwritten shows you care, and/or Scripture verse.
- Outreach card with your name and number on it.
- Do not just throw them out the window at someone. Take the time and talk with them then hand it to them nicely.
- List of resources for homeless (shelters, contact info, addresses)
- Be safe and aware.

## Summer No-No's:

### Clothing and Hygiene:

- Avoid soap, sanitizer, or anything with a fragrance.
- Avoid soap and shampoo, most places that provide showers will also provide these items.
- Avoid mouthwash or medical liquids because they contain alcohol.
- Avoid large items, your bag is not that big, and should be something they can carry around easily.

### Food and Snacks:

- Avoid Gum, candy, or anything with sugar.
- Try to avoid nuts, any hard or sticky items, many homeless have dental issues and could be hard to chew.
- Nothing that will melt in your car or after being given to them.
- Check dates on perishable items.

### Other / reminders:

- No cash
- No gift cards (location, like cash, remainder?)
- Some say don't put religious items, but I'll let you decide.
- Don't throw out of car or go alone to a secluded place
- No broken or worn out items
- No Matches
- No Sharp objects
- Avoid small bags that might melt or rip

**These are all just a few suggestions, make them how you wish.**

## Winter No-No's:

### Clothing and Hygiene:

- Avoid cheaper options of socks and gloves because they are not as warm and don't last long.
- Avoid clothing items that you would need a size for, shelters usually provide clothes like this, but socks and gloves are harder to come by.
- Avoid soap, shampoo, sanitizer, or anything with a fragrance.
- Avoid mouthwash or medical liquids because they contain alcohol.

### Food and Snacks:

- Avoid Gum, candy, or anything with sugar.
- Try to avoid nuts, any hard or sticky items, many homeless have dental issues and could be hard to chew.
- Avoid anything that will freeze and get too hard to eat.
- Avoid Canned Goods with no Pop-Top Openers

### Other / reminders:

- No cash
- No gift cards (location, like cash, remainder?)
- Some say don't put religious items, but I'll let you decide.
- Don't throw out of car or go alone to a secluded place
- No broken or worn out items
- No Matches
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**These are all just a few suggestions, make them how you wish.**