## Together in Service Support Your Area Homeless Shelter

Reach out to those who are homeless in your community. Check with your local shelter to ask about their specific needs and if they could use the kits below.

## **Health Care Kits**

gallon baggie
one large pair of socks
10 adhesive bandages
antibiotic ointment
sanitizing wipes
washcloth
travel size shampoo and conditioner
travel sized bodywash
small deodorant
toothbrush and travel toothpaste
lip balm

## **Health Care Kits for Women and Teens**

gallon baggie one pair of women's socks 10 adhesive bandages antibiotic ointment sanitizing wipes washcloth travel size shampoo and conditioner travel sized bodywash small deodorant toothbrush and travel toothpaste lip balm ponytail hair bands feminine wipes menstrual pads regular tampons panty liners

## Canteen Kits (Shelf Stable)

Choose a combination of 3 of the following and pack in a quart baggie:

bag of nuts beef sticks cheese sticks and crackers water/juice pop-tarts chicken/ tuna salad with crackers snack kits