

Backpacks for Homeless Recommended Items

Supplies:

Backpack
Wool Hat and wool socks
Gloves
Scarfs
Emergency blanket
Toothbrush/paste
Hand sanitize
Soap
First aid kit
Toilet paper
Multi purpose wipes
Chapstick
Moisturizer
Comb/Brush
Deodorant
1Qt ziplock bags
Plastic spoons
Grooming kit

Food:

Instant coffee tea
Water bottles
Beef Jerky
Dried Fruit
Trail Mix
Nuts
Peanut Butter
Instant Oatmeal packets
Breakfast bars
Granola bars
Protein powder packets
Juice Box
Fruit cups
Applesauce cups
Fruit snacks
Cookie snack packs
Crackers
Tuna/Chicken packets
Individually wrapped candy
Gum
Mints
Chocolate

Restaurant/Grocery store Gift Certificates are also great items

***Thrift stores are a great resource for backpacks, hats, gloves and scarves**

***Dollar stores are a great resource for all other items**

Any questions you can email me at judyg143@gmail.com. Thank you for your support!!!