

YOUR KINDNESS COULD HELP.

PACK A HOMELESS CARE KIT IN A ZIPLOC BAG



Hygiene items

- Soap
- Chapstick
- Hand wipes
- Pack of Kleenex
- Toothbrush
- Toothpaste
- Trial Sizes:
 - Shampoo x2
 - Deodorant



Homeless Care Kits

Basic necessities

- Band-aids/first aid pack
- Tylenol or Aleve packet
- Socks
- Hot Hand warmers
- Mini Fliers with ways the Mission can meet their needs
- Note of encouragement or uplifting Bible verse
- Cold Area Options: Beanie/Gloves/Blanket



Snacks & Water

- Water bottle
- Tuna and crackers
- Granola Bar or cereal bar
- Fruit snack or applesauce cup
- Crackers with peanut butter or cheese
- Gift certificate to fast food





SOME SUGGESTIONS

- Fragranced items such as soap, hand lotion or deodorant can negatively affect the taste of food items if placed in the same bag. Pack these separately if you choose to give them.
- Avoid items such as mouthwash or hand sanitizer that contain alcohol.
- Have a Homeless Care Kit packing party! Gather family, friends, co-workers or your community group to purchase supplies and assemble Care Kits together.
- Care Kits are useful both in warm and cold weather. In summer, include sunblock or frozen bottles of water. In winter, include gloves, hats or heatpacks.
- Keep some in your car so you're prepared to offer one to a person in need.

WHEN YOU GIVE HOMELESS CARE KITS AWAY...

- Don't be in a hurry. It's okay to slip it out your window to someone on a street corner or freeway ramp but consider taking time to park the car and hand-deliver it.
- Smile. This person probably gets ignored by hundreds of people every day.
- Make eye contact. It shows that the person matters.
- Don't give money. It's your decision, of course, but we generally discourage giving cash. Instead, ask what their immediate need is and consider how you can help. Buy them a meal? A bus ticket?
- Be available to have a conversation. Some people won't want to talk, so be sensitive. Others will be delighted to tell you their story.
- Pray. Before you go, while you go, for the people you encounter. Ask the person if they would like you to pray for them right there.
- Offer resources. Ask if the person knows about your Ministry. Be sure they know about meals, shelter, restrooms and other emergency services available.
- Be wise. The majority of homeless men and women are not dangerous — they're people just like you. But it's smart to go out as a group when handing out Care Kits.
- **Inspire others. Share your story of handing out Homeless Care Kits at [cruica.org/story-form](https://www.cruica.org/story-form)**



Information adapted from
<https://www.portlandrescuemission.org/get-involved/learn/pack-a-care-kit/>