

# FOCUS North America Care Kits Shopping Lists

## Infant Care Kit

*Package in a plastic shopping bag tied closed loosely*

- Fitted crib sheet
- Crib blanket
- Baby bath soap
- Baby lotion
- Pacifier
- Baby brush & comb
- Wash cloth
- Diapers packet (medium sizes preferred for versatility)
- Box diaper wipes
- Diaper rash cream tube
- Can of powdered formula

## Homeless Urgent Care Kit

*Package in a 1 gallon zip lock bag*

- Small Shampoo
- Small lotion
- Small hand sanitizer
- Toothbrush
- Small toothpaste
- Small stick deodorant
- Small bar soap
- Travel facial tissues
- Small roll toilet paper  
(crush the roll so it lays flat in the kit)
- Pair new socks
- Pair new underwear
- Small hand towel
- Box feminine hygiene products  
(mark kit as "Female" on the label)

## Motel Family Care Kit

*Package in a small cardboard box lightly taped closed*

- First aid kit – band aids, gauze, thermometer, etc  
(\*\*no medicines please)
- Paper towel roll
- Kitchen sponge
- Kitchen sponge
- Kitchen towels (3)
- Roll kitchen trash bags
- Powder laundry detergent packets (7)
- Toddler cups with lids (3)
- Washable plastic cups and plates (5)
- Liquid dish cleanser
- Hand sanitizers (2)
- Spray disinfectant
- Rolls toilet paper (2)
- Small dish drainer rack

Homeless men, women and children, the working poor and those living in cramped transitional motels that we serve often go without the basic necessities most of us take for granted. In the struggle to find food and a safe place to sleep people find it difficult to acquire basic items such as soap, shampoo, deodorant, and toothbrushes. Without the right supplies, simple hygienic activities such as brushing their teeth or washing their hands can prove to be a real challenge.

Basic hygiene supplies are necessary also to maintain not only one's health but a sense of dignity and confidence. Access to basic personal supplies can give those we serve a greater sense of self and a brighter outlook on life.

With just a few hours of do-it-yourself volunteering, you can put together hygiene kits for the people. These kits include simple, inexpensive items that can be picked up when grocery shopping or with a quick trip to the dollar store. By giving these basic supplies to the homeless, you can help them avoid physical and dental health problems. Perhaps even more importantly, you can help them retain their dignity during a trying time in their lives.

God Bless you for caring.

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