CARE KITS FOR EVERY SEASON

A little preparation. A lot of care. Everyone deserves to feel seen, valued, and supported. Care kits are a simple way to share kindness with people experiencing homelessness or others who could use a little extra support. Choose items that fit your community, recipients, and weather. Start with what you can provide; every thoughtful contribution matters!

HOW TO PARTICIPATE

STEP 1: CONNECT WITH YOUR COMMUNITY

Before gathering supplies, contact a local shelter, community center, or outreach organization. Ask:

- What items would be most helpful right now?
- Are there items they cannot accept?
- Do they prefer assembled kits or separate supplies?
- How many kits could they use, and how should you arrange delivery?
- A little planning helps ensure your kindness meets a real need.

STEP 2: GATHER YOUR SUPPLIES

Use the checklists to choose everyday essentials and items suited to your local weather.

Invite friends, family, classmates, or coworkers to contribute. You can also ask local businesses whether they're able to donate supplies, such as toothbrushes or new socks.

Choose new, unopened personal care items and sealed, unexpired food. Look for lightweight supplies and snacks that are easy to open and eat without preparation.

STEP 3: PACK WITH CARE

Use a resealable bag, drawstring bag, or small backpack that's easy to carry.

- Sort supplies into categories to make packing easier.
- Keep toiletries separate from food.
- Make sure containers are securely closed.
- Add an optional handwritten note of encouragement.

A simple message like "Thinking of you today" or "You matter" can add a personal touch.

STEP 4: SHARE YOUR KITS

Coordinate delivery with the organization you contacted and follow its guidance.

If you offer a kit directly to someone, ask whether they would like one and respect their answer.

KEEP THE KINDNESS GOING.

Community needs change throughout the year. Check in with your local organization as the weather shifts, and adjust kits based on its feedback.

Gathering a few useful items or helping organize a collection can make a difference. Do what you can with what you have!

CHOOSE WHAT GOES IN YOUR KIT

Use these lists as a starting point. Let local needs, recipient preferences, and the weather guide your choices.



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EVERYDAY ESSENTIALS

- ☐ Toothbrush and travel-size toothpaste
- ☐ Body wipes
- ☐ Deodorant
- ☐ Travel-size hand sanitizer
- ☐ Menstrual products
- ☐ Bandages
- ☐ New socks suited to the weather
- ☐ Sealed drinking water
- ☐ Easy-to-open, nonperishable snacks, such as soft snack bars, applesauce pouches, or dried fruit
- ☐ Resealable bags to keep belongings organized and dry
- ☐ Optional note of encouragement
- ☐ Current information about local meal programs, shelters, and other support services

WHEN IT'S COLD OUTSIDE

- ☐ Wool or thermal socks
- ☐ Gloves or mittens
- ☐ Warm hat or beanie
- ☐ Scarf
- ☐ Packaged hand warmers
- ☐ Lip balm
- ☐ Information about local warming centers

WHEN IT'S WARM OUTSIDE

- ☐ Sealed drinking water
- ☐ Lightweight socks
- ☐ Baseball cap or wide-brim hat
- ☐ UV-protective sunglasses
- ☐ Cooling towel
- ☐ Travel-size sunscreen
- ☐ Lip balm with SPF
- ☐ Insect repellent wipes
- ☐ Information about local cooling centers and water refill locations

A little care goes a long way. Choose thoughtfully, pack with kindness, and help someone feel supported in every season.

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