

# Care Kit: 5 Things a Homeless Person Could Use

Easy and affordable ways to show you care



**1. SOCKS.** People experiencing homelessness spend a lot of time on their feet trying to obtain resources and get to appointments. A fresh pair of clean, dry socks can feel like heaven on tired, soggy feet. Add in some band aids to help ease the pain of blisters.



**2. SNACKS & WATER.** Throw in some granola bars, packets of nuts, crackers, dried fruit, trail mix, or other light weight, non perishable food. Water brings relief, especially in hot weather.



**3. HYGIENE ITEMS.** Add anti-bacterial lotion, moist wipes for when soap and water aren't available. Include small soaps and shampoos from your hotel stays. Consider lip balm, toothpaste, toothbrush, comb, razor, shaving cream, and deodorant.



**4. RESOURCE GUIDE.** Redmond and the Eastside have a wide variety of services available to homeless men, women and families that they might not know about. You can get copies of the Guide to Community Resources at [redmond.gov/homelessness](http://redmond.gov/homelessness).



**5. ENCOURAGEMENT.** All the items listed above are helpful, but the most meaningful part of a care kit is the opportunity for a conversation and friendship. Your smile and offer of help could be just the encouragement a person needs to make it through another day. Take time to learn their name and listen to their story.

**Other Ideas** Have a care kit party! Gather family, friends, or coworkers to purchase supplies and assemble kits in gallon zip lock bags. Avoid items such as mouthwash or hand sanitizer that contain alcohol, but consider including seasonal items like sunblock or frozen bottles of water in the summer, or gloves, hats or heat packs in the winter. Inspire others! Share your story with us at [homelessness@redmond.gov](mailto:homelessness@redmond.gov).

\*Thanks to our friends at Portland Rescue Mission [www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)



Tackling homelessness together  
[redmond.gov/homelessness](http://redmond.gov/homelessness)