

# YOUR SUPPORT HELPS MAKE YOUTH MERRY



## LISTS OF NEEDED ITEMS FOR YOUTH THIS SEASON:

### HYGIENE SUPPLIES

- deodorant
- face and body wipes
- grooming items (hairbrush, tweezers, hair ties, etc)
- small tissue packs
- razors & shaving cream
- menstrual items
- shampoo/conditioner\*
- body wash\*
- lotion\*

*\*prefer "normal" size bottles  
(not hotel or family-size)*

### HEALTHY SNACKS

- all kinds of granola bars (especially protein bars)
- peanut butter packs
- applesauce cups
- nut packs
- fruit snacks
- beef jerky

### DENTAL KITS

- toothpaste
- toothbrushes (individual) and covers
- floss
- mouthwash (nonalcoholic & travel-size)

### WARMING KITS

- thin fleece blankets
- HotHands (hand and toe warmers)
- gloves
- hats/beanies

### FIRST AID KITS

- triple antibiotic ointment
- Neosporin
- gauze
- band-aids
- individual sterilizing wipes
- calamine lotion

### SUPPLIES FOR FAMILIES

- laundry detergent
- laundry baskets
- dryer sheets
- trash bags
- hand soap
- toilet paper
- paper towels
- NEW towels (body & hand)
- chlorax wipes

### GIFT CARDS

- Fred Meyer
- Target
- local restaurants
- local coffee shops
- visa cards

To coordinate delivery or pick up, please contact Ben Martens at  
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