

RELIEF PACK INFO

Here is a sample list of items that you can pack in different kinds of “Relief Packs” and distribute immediately after a disaster occurs. Request that items get shipped to you in this manner. Most of these items can be done ahead of time, you can always use them for some other type of outreach, but when you get rid of them, don’t forget to restock!! Make sure the bag is clearly marked with the contents on the outside.

Immediate need food packs need to include: (good to give to volunteers as well!)

Water bottles

Individual drinks or drink mixes (sugar free too)

Individual food snacks such as nuts, jerky, peanut butter and crackers, cheese and crackers, granola bars, snack bars, etc

Food packs need to include:

Cereal-bags or box

Macaroni and cheese

Powered milk

Canned vegetables, fruits and meats

Boxed pastas and ready made meals

Can openers (if you give cans you must give a can opener!)

Household packs need to included:

Laundry soap

Toiletries for males and females

Garbage bags

Household cleaners

Linen packs need to include-(label sheet size and try to do bed in a bag)

Towels and wash cloths

Sheets and pillowcases

Blankets and pillows

Health kits need to include:

1 towel

1 wash rag

1 large bar soap

1 comb not small

Fingernail clippers

1 tooth brush no children's size

Large tooth paste

Bandages

Baby kits need to include:

Diapers

Baby wipes

Formula and Baby Food

Bottles

Receiving blanket

Baby powder

Qtips