



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

- 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

- 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

- Laundry soap
- Toiletries for males and females
- Trash bags
- Household cleaners

Linen Packs label sheet size and try to do bed in a bag)

- Towels and wash cloths
- Sheets and pillowcases –labeled by sizes
- Blankets
- Pillows
- Bed in a bag!

Health Kits

- 1 towel
- 1 wash rag

- 1 large bar anti-microbial soap
- 1 comb/brush
- Fingernail clippers
- 1 tooth brush no children's size
- Large tooth paste
- Bandages

Baby Kits

- Diapers
- Baby wipes
- Formula
- Baby Food Bottles
- Receiving blanket
- Baby powder
- Qtips