



Personal Hygiene Packs

Here's a suggested list of items to include in a quart-sized zip lock bag. (We've found it's cheaper to purchase in bulk, so links to some of the items we usually purchase are included.) Travelers often donate unused hotel amenities such as soap and shampoo but we have purchased online when supplies run short. (Hover for link*)

***These are Amazon affiliate links. If you click on the link to make your purchase, I may make a few cents from your purchase but it will not change the price you pay in any way. See below.**

1. [hotel-sized soap](#)
2. one bath cloth
3. [hotel-sized shampoo](#)
4. [comb](#) or small brush
5. [travel-sized deodorant](#)/antiperspirant
6. small packets of baby wipes
7. [toothbrush](#) and [toothpaste](#)
8. new socks
9. [emery boards](#)
10. [a few bandaids of various sizes](#)
11. new underwear (men's and women's)
12. feminine hygiene supplies
13. [individual packets of sunscreen](#) depending on climate and season
14. long-sleeved t-shirts in cooler weather, short-sleeved in warmer weather
15. [knit gloves that stretch to fit all sizes](#) during cold weather
16. [hand warmer packets in cold weather](#)
17. knit caps
18. potted meat if you can find some with pull tab openings
19. crackers
20. any snack they can keep on hand to open and eat without preparation. (protein bars without nuts, etc)

Pre-packed hygiene kits are also available through Amazon.com. They have similar but not identical items. Here are two options:

1. [96 packs for ~\\$200](#)
2. [48 kits for \\$153](#)

Although pre-packed hygiene kits are readily available online, our preference is to include as many people in the process as possible. We make a social media ask for unused hotel-sized hygiene items and offer an Amazon shopping list for those who prefer to purchase and send. (You're welcome to share [my shopping list](#) but be sure your shoppers ship to your address.)

We set a date and time, usually after work one evening, and invite participation via social media, newsletters, and church and personal FB pages. Hygiene items are laid out on tables with ziplock bags at one end. Sometimes we provide snacks but not always as the time to pack 100-200 hygiene packs is far less than you might expect.

We usually add a small piece of paper with a verse and a handwritten note in every hygiene pack. Our verses vary depending on the season but most recently we've used [John 14:1,6,15,21](#)

We use smaller bags and single-use items because we want the opportunity to engage with people again. Our goal is not to "clean up" the homeless but to build relationships and love like Jesus.

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