

Survival Pack Donation List

Food – no cooking required

- Protein/granola bars
- Beef or turkey jerky/meat sticks
- Tuna or chicken **pouches** rather than cans
- Peanut butter cracker packs
- Cheese cracker packs
- Individual peanut butter packets
- Trail mix
- Mixed nuts
- Dried fruit
- Applesauce squeeze pouches
- Fruit cups with peel-off lids
- Breakfast bars
- Pop-Tarts
- Cookies
- Chips/pretzels
- Shelf-stable pudding cups
- Electrolyte drink packets
- Bottled water
- Sports drinks

Hygiene & personal care

- Body wipes/bathing wipes – **one of the most useful items**
- Baby wipes
- Hand sanitizer
- Toothbrush
- Travel toothpaste
- Deodorant
- Bar soap in a resealable bag
- Travel body wash
- Travel shampoo/2-in-1
- Lotion
- Lip balm
- Comb
- Disposable razors
- Shaving cream
- Feminine hygiene products
- Toilet paper or individual tissue packs
- Nail clippers
- Disposable washcloths
- Gallon-size Ziploc bags for keeping items dry

Clothing & protection

- **New socks – lots of socks**
- New underwear
- T-shirts
- Lightweight breathable shirts
- Rain ponchos
- Baseball caps/sun hats
- Work gloves
- Winter gloves and knit hats when cold
- Emergency thermal blankets
- Lightweight blankets
- Reusable rain-resistant backpacks or drawstring bags

Summer/ heat packs

- Sunscreen
- SPF lip balm
- Cooling towels
- Electrolyte packets
- Extra bottled water
- Small battery-operated or rechargeable fan
- Bug/mosquito repellent
- Lightweight hat
- Sunglasses
- Rain poncho

Small items that can make a BIG difference

- Portable phone power bank
- Charging cable with USB-C/Lightning connectors
- Small flashlight + batteries
- Bus pass/transit card
- \$5-\$10 fast-food gift card
- \$10-\$20 Walmart/grocery gift card
- Laundry voucher
- Small first-aid kit
- Bandages
- Antiseptic wipes
- Hand warmers in winter
- Notebook + pen
- Reusable water bottle
- Earplugs
- Small lock
- Durable reusable tote/backpack

Please send any donation items to
Attention: Elles Jae
PO BOX 136
Redan, GA 30074

