

# HOW TO MAKE COMPASSION BAGS

Compassion bags provide essential items for the unhoused.

Fill a gallon-sized, ziploc bag (or better yet, a backpack) with trial sizes of any or all of the following items. *Plastic bags are reusable and keep items dry.*

## HYGIENE ITEMS

Do not include medicine or anything containing alcohol (e.g., mouthwash, hand sanitizer).

- Bandages (large ones to cover blisters)
- Antibiotic wipes
- Deodorant
- Wet wipes
- Lotion (and Sunscreen in summer)
- Lip balm
- Toothbrush / Toothpaste
- Body wash (can be used as shampoo)
- Insect repellent or bug repellent wristbands
- Small tissue packets
- Nail clippers
- Cotton swabs
- Feminine hygiene items

## CLOTHING ITEMS

- Socks (thick and sturdy)
- T-shirt (large or x-large will fit most)
- Hat (baseball or brimmed for summer, wool cap for winter)
- Handkerchiefs (useful in summer)
- Gloves and/or scarf in winter

## OTHER USEFUL ITEMS

- Generic sunglasses
- TARC pass
- Tarp and/or blanket
- Emergency sleeping bag
- Battery- or solar-operated personal fan (summer)
- Hand and toe warmers (winter)
- Rain poncho
- \$5 or \$10 fast food gift card (Making a purchase gets the unhoused out of the cold/heat)
- Flashlight or headlamp
- Portable can opener
- Handwritten card of encouragement

## FOOD ITEMS

Individually-wrapped, easy to chew, non-perishable

- Pop-top cans of Vienna sausage or ravioli
- Tuna or chicken meal kits
- Peanut butter crackers
- Beef jerky
- Individual fruit cups
- Granola or protein bars
- Mints or hard candy
- Bottled water (vitamin / electrolyte powder packet is a nice addition) or Gatorade

## RESOURCES

*Include a list of resources. St. Paul has small cards with the following info available.*

**Reserve a Bed Line** (to reserve a shelter bed): (502) 637-2337

**2-1-1:** United Way Resources Line

**LouieConnect.com** - a mobile app & website with quick access to Louisville resources

**UP:** resources for homeless women with children - [uplouisville.org](http://uplouisville.org) or 502-3840001