

# HYGIENE KITS

Organizing a drive for Hygiene Kits is one of the easiest ways you can help our teams and people experiencing homelessness. By providing these necessary resources, you become an integral part of the solution!



Hygiene Kits being delivered to Step Up on Second and Sample Kit inventory.



## TIPS FOR ORGANIZING YOUR STEP UP HYGIENE KIT

- 1) Call Tiffani Clay at (424) 443-4872 to inquire for current needs.
- 2) Take a look at the checklist on page 2 to plan and organize either a Basic Hygiene or an Outreach Kit.
- 3) Full size items go a lot farther to help meet member needs.
- 4) Please donate new hygiene items only.
- 5) Gently used clothing, blankets and backpacks gratefully accepted.

### CONTACT

COORDINATE YOUR DONATION WITH TIFFANI CLAY AT  
TIFFANICLAY@STEPUP.ORG

# HYGIENE KITS CHECKLIST

Hygiene Kits are given to new members receiving services and those the Step Up Outreach Team visit on the street. You can choose to either build and donate a Basic Hygiene or an Outreach Kit. To contribute these kits, please organize and deliver your kit according to the sections below.

## BASIC HYGIENE KIT

Deliver in a 1 or 2 gallon Ziploc bag

- |  |   |
|--|---|
| <input type="checkbox"/> 1 shampoo                         | <input type="checkbox"/> 1-2 packs of tissues |
| <input type="checkbox"/> 1 toothbrush                      | <input type="checkbox"/> 1 hand sanitizer     |
| <input type="checkbox"/> 1 toothpaste                      | <input type="checkbox"/> 1 shaving cream      |
| <input type="checkbox"/> 1-2 bars of soap                  | <input type="checkbox"/> 1 razor              |
| <input type="checkbox"/> 1 large Ziploc bag                | <input type="checkbox"/> 1 pack wet wipes     |
| <input type="checkbox"/> *Feminine Hygiene pads separately | <input type="checkbox"/> 1 hair brush or comb |

## OUTREACH KITS

Deliver each in a drawstring backpack including items from the basic kit

- |   |  |
|---|--|
| <input type="checkbox"/> 1 shampoo            | <input type="checkbox"/> 1 hand sanitizer or wet wipes |
| <input type="checkbox"/> 1 toothbrush         | <input type="checkbox"/> 1 pair of black socks         |
| <input type="checkbox"/> 1 toothpaste         | <input type="checkbox"/> 1 hand towel or washcloth     |
| <input type="checkbox"/> 1-2 bars of soap     | <input type="checkbox"/> 1 tube of hand lotion         |
| <input type="checkbox"/> 1-2 packs of tissues | <input type="checkbox"/> 1 skull cap/beanie            |
| <input type="checkbox"/> 1 shaving cream      | <input type="checkbox"/> 1 pair of gloves              |
| <input type="checkbox"/> 1 razor              | <input type="checkbox"/> 1 drawstring backpack         |

## ADDITIONAL ITEMS TO CONSIDER

These are items that outreach teams can add to kits as needed

- |  |  |
|--|--|
| <input type="checkbox"/> Small water bottles | <input type="checkbox"/> Emergency blanket |
| <input type="checkbox"/> Sunblock            | <input type="checkbox"/> Trail mix         |
| <input type="checkbox"/> Chewy Granola Bars  | <input type="checkbox"/> Protein bars      |
| <input type="checkbox"/> Underwear           | <input type="checkbox"/> Water             |
| <input type="checkbox"/> Rain poncho         | <input type="checkbox"/> Juice boxes       |

# WHY HYGIENE KITS MATTER

Hygiene kits can provide a critical lifeline for those experiencing homelessness by providing essential items to maintain cleanliness and prevent the spread of diseases. Here are some reasons why hygiene kits are important:

- 1) Help to prevent the spread of diseases:** Homeless individuals often lack access to basic hygiene facilities and products such as soap, hand sanitizer, toothbrushes, and toothpaste. This makes them more susceptible to illnesses and diseases. Providing hygiene kits can help to prevent the spread of diseases among this vulnerable population.
- 2) Promote good hygiene practices:** By providing hygiene kits, we can help educate homeless individuals on the importance of good hygiene practices and how they can protect themselves and others from illnesses.
- 3) Restore dignity:** Homelessness can be a demoralizing experience, and the lack of access to basic hygiene facilities can further strip individuals of their dignity. Hygiene kits can help restore a sense of dignity to homeless individuals by providing them with the tools they need to maintain cleanliness and personal hygiene.
- 4) Improve mental health:** Poor hygiene can lead to a range of physical and mental health problems. By providing hygiene kits, we can help to improve the mental health of homeless individuals by giving them a sense of control over their personal hygiene and wellbeing.
- 5) Encourage outreach:** Providing hygiene kits can also encourage outreach workers to engage with homeless individuals, build relationships, and connect them with other services and resources that they may need to improve their situation.