Food and personal items needed

Food:

- Sports drink/electrolyte-replacement drink
- Pop-top-lid meat, tuna, or other protein source
- Nuts, trail mix, dried fruit, chips, fig bars, or cookies
- Granola bars, fitness bars, or snack bars
- Applesauce, pudding, or fruit cup (with spoon; please place in extra bag—they tend to break and attract ants)
- Peanut-butter-filled crackers or cheese-filled crackers

Personal items:

- Toothbrush (in wrapper)
- Small toothpaste
- Shampoo
- Soap
- Razor
- Comb
- Washcloth/hand towel (does not need to be new, just clean)
- Sunscreen, chapstick, hand cream, or lotion
- Wrapped candy or throat lozenge

Please contact us via nomoredeaths.org with any questions about donations or how to get them to us.