



# **No More Deaths • No Más Muertes**

*Humanitarian Aid is Never a Crime*

## **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](http://nomoredeaths.org) with any questions about donations or how to get them to us.**