



FRESH START KIT NEEDED ITEMS

Updated 1/9/19

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QTY NEEDED	ITEM	DETAILS
46	20" Duffel Bag	Will hold everything; needs to be at least 20" with a shoulder strap
7	Adult Blanket	50"x60" fleece blanket
14	Hoodie/Sweatshirt	SIZE SMALL appropriate for a female
24	Hoodie/Sweatshirt	SIZE MEDIUM appropriate for a female
19	Hoodie/Sweatshirt	SIZE LARGE appropriate for a female
9	Hoodie/Sweatshirt	SIZE EXTRA LARGE appropriate for a female
20	Sweatpants	SIZE SMALL appropriate for a female
17	Sweatpants	SIZE MEDIUM appropriate for a female
20	Sweatpants	SIZE LARGE appropriate for a female
10	Sweatpants	SIZE EXTRA LARGE appropriate for a female
20	Cotton T-Shirt	SIZE SMALL appropriate for a female, solid/no print
25	Cotton T-Shirt	SIZE MEDIUM appropriate for a female, solid/no print
20	Cotton T-Shirt	SIZE LARGE appropriate for a female, solid/no print
10	Cotton T-Shirt	SIZE EXTRA LARGE appropriate for a female, solid/no print
20 packs	Cotton Underwear	SIZE 36", hipster or bikini, 4+ pack
24 packs	Cotton Underwear	SIZE 38", hipster or bikini, 4+ pack
18 packs	Cotton Underwear	SIZE 40", hipster or bikini, 4+ pack
8 packs	Cotton Underwear	SIZE 42", hipster or bikini, 4+ pack
20	Sports Bra	SIZE 34"
24	Sports Bra	SIZE 36"
15	Sports Bra	SIZE 38"
8	Sports Bra	SIZE 40"
20	Flip Flops	SIZE 6/7, womens
25	Flip Flops	SIZE 8/9, womens
30	Flip Flops	SIZE 10/11, womens
68 packs	Athletic Socks	Women's pack of 5+ pairs



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Updated 12/6/18

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QTY NEEDED	ITEM	DETAILS
47 packs	Tampons	Packs of 18+ count
43	Shampoo	Full size bottle
44	Conditioner	Full size bottle
42	Body Wash	Full size bottle, not holiday themed
49	Toothpaste	Full size tube
11	Toothbrush	
54	Toothbrush Cover	
41	Deodorant	Standard sized stick
26	Body Lotion	Full size bottle, not holiday themed
50	Hand Sanitizer	Standard sized bottle/ approximately 8 oz
53	Hair Brush	With vented or spaced bristles for all types of hair
53	Cleansing Wipes	No-rinse cleansing body wipes in place of showering. These are not Clorox or sanitation wipes.
10	Journal	Journal for diary entires, writing notes to others, taking notes during appointments.
42	Gift Card	\$15-20 for common fast food that can be found in most towns such as Subway and McDonalds.
0	Hair ties	
0	Pen	145 on hand
0	Greeting Card	Personzlied with words of encouragement
0 packs	Maxi Pads	Packs of 18+ count