

Personal Care & Hygiene Items (New Only)

- Toothbrushes and toothpaste
- Hairbrushes and combs
- Shampoo and conditioner (travel and full-size)
- Body wash and bar soap
- Deodorant (non-aerosol preferred)
- Feminine hygiene products (pads, tampons, liners)
- Lotion (unscented or mildly scented)
- Lip balm
- Razors and shaving cream
- Nail clippers and emery boards
- Washcloths and towels

Clothing & Undergarments (New or Gently Used)

- T-shirts, sweatshirts, hoodies
- Leggings, sweatpants, jeans
- Bras and sports bras (new only)
- Underwear (new only)
- Socks (new only)
- Pajamas and loungewear
- Shoes (sneakers, sandals, boots, etc.)

Bags & Storage

- Backpacks
- Duffel bags
- Tote bags
- Small pouches or cosmetic bags

Bedding & Comfort Items

- Twin or full-size sheets
- Pillows and pillowcases
- Blankets and comforters
- Weighted blankets (for anxiety/PTSD)

Items for Children (if applicable)

- Diapers and wipes
 - Baby formula and bottles
 - Children's clothing and shoes
 - Toys, books, and coloring supplies
 - Car seats and strollers (check with center first)
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Food & Kitchen Supplies

- Non-perishable food (canned goods, pasta, granola bars, healthy snacks)
 - Grocery store gift cards
 - Plastic Utensils, plates, cups
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Books, Journals, & Therapeutic Items

- Journals and notebooks
- Pens, colored pencils, markers
- Self-help and motivational books
- Adult coloring books