

List of Necessities for Those Experiencing Homelessness

Socks. Living on the street, many unsheltered people rarely take their shoes off. They walk often and don't always have laundry facilities at close reach. That's why clean socks are a **reliably top-requested item at homeless shelters**. Any care kit that you prepare or donate should include them.

Personal hygiene items. Hygiene is one of the major barriers for unsheltered people's ability to connect with others, including potential employers. Poor hygiene is also a significant cause of **health problems in people who experience homelessness**. Shelters will always be grateful for donations of shampoo, soap, shaving supplies, tampons, and feminine pads. Travel-size products allow individuals to carry these supplies in their own bags, as well.

Food. Handing a person money might help them down the road, but handing them something to eat, even something small, can help them right now. Besides, not every restaurant or business serves or welcomes unsheltered people, so bringing food directly to them can avert that obstacle altogether. Another idea is reaching out to **Food banks** to see what exactly they can do to contribute locally!

Raingear. When you're at the mercy of the elements, even a light rain can create severe discomfort or even damage personal valuables. From umbrellas to boots to tarps, no rain-proof gear will be unappreciated if offered.

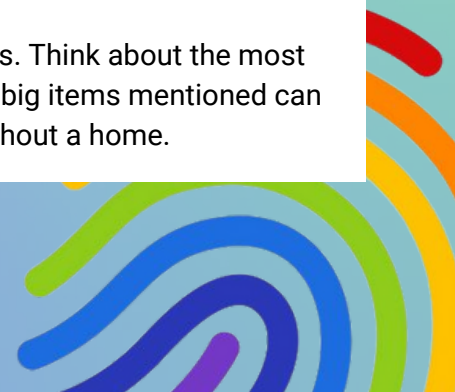
Backpacks. Running away with a suitcase just won't work. It will drag people down, so having that ability to carry something on their back instead of hauling a giant suitcase around, will really help someone who is homeless.

Pet food. For many individuals experiencing homelessness, pets are literal life-savers. The sense of stability, companionship, and connection that dogs and other animals provide to their unsheltered owners simply can't be overstated.

Underwear. Why don't you get some underwear and send it to shelters or homeless people? It would even help people experiencing homeless who might need underwear for their periods. Yes, this is another item on top of things homeless people need the most.

Laundry detergent. Just because someone is homeless doesn't mean they don't want to clean up now and then. Giving them laundry detergent will make a significant difference in the daily discomfort of someone who does not have a place to live.

Baby supplies. Yes, it's sad, but there are many homeless people who have babies. Think about the most expensive things mothers need for the baby: diapers, baby wipes, or clothes. The big items mentioned can be difficult for a mother with a home above her head to buy now. Imagine one without a home.



Grooming items. Items such as combs, brushes, razors, shaving cream, and nail care kits are very useful for homeless people. Just because they don't have a roof over their heads doesn't mean they don't need to groom from time to time.

Bedding items. Sometimes homeless people go to shelters for a warm place to sleep, and there's a serious demand for more bedding materials. You can always contact your local shelter to see if they need bedding items, and even if you don't want to donate to shelters, you can always give bedding materials to homeless people who sleep by the roadside or under the bridge. Trust me, they really would prefer to sleep using bedding than on the floor.

Pillows. Many people can hardly sleep without resting their heads on pillows, and you can imagine how difficult it will be for people sleeping on hard floors without pillows. Homeless people constantly need pillows, and you can always donate them to your local shelter.

Seasonal wear. If it's during the summer, you need to donate clothes for summer and if it's the winter homeless need jackets, sweaters, head warmers, gloves and socks. The change of seasons is something many people don't think about giving to homeless shelters. Donations will really help homeless people wear clothes according to the season.

First Aid kit. You never know when a homeless person might need a first aid kit. They might have a simple cut while trying to eat a big hamburger or maybe someone cuts them on the subway. Either way, having a first aid kit handy can save the day in many situations and can be useful for homeless people.

Shoes. Just like socks, shoes are other things homeless people need the most. They need something to wear when moving around.

Sunscreen. There are some homeless people who go unnoticed. It may get very hot in the summer and people can get burned. Homelessness has long-term consequences, including cancer, which is why it is so important for people to get a place to live as soon as possible. It may get boiling hot in the Sunshine State, especially in the summer. So if you're wondering what homeless people need, this is it.

*We hope this guide helps you serve your local community. Please share this with others and let them know that little things **CAN** and **DO** make a difference. To learn more about what our organization is doing to address LGBTQ youth experiencing homelessness, please visit sherlockshomes.org to purchase items direct from our wishlist, make a life-saving donation, and get involved. Thank you for being a part of the Solution!*

