

# 5 THINGS A HOMELESS PERSON COULD USE

## PORTLAND RESCUE MISSION

If you've ever been approached by a homeless man or woman, you may have felt uncomfortable about how to respond when asked for money. Make Care Kits as an alternative, since giving money isn't the best option.

The following items can be placed in gallon-size Zip-Lock bags.

### HOW TO PACK A CARE KIT

**1. SOCKS** Homeless men and women spend a lot of time on their feet trying to get to resources and appointments. A fresh pair of clean, dry socks can feel like heaven on tired, soggy feet. Throw in some band-aids to help ease the pain of blisters.



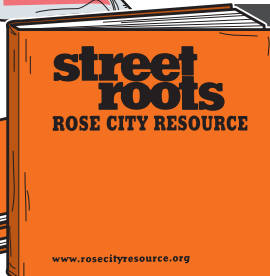
### 2. SNACKS AND WATER

Throw in some packets of nuts, crackers, dried fruit, trail mix, granola bars, breakfast bars, instant noodles or other lightweight, quick snacks. Water brings relief, especially in hot weather.



### 3. HYGIENE ITEMS

Add anti-bacterial lotion for when soap and water aren't available. Include small soaps and shampoo from your hotel stays. Consider lip balm, toothpaste, toothbrush, washcloth, comb, brush, razor, shaving cream and deodorant. Avoid items such as mouthwash or hand sanitizer that contain alcohol.



**4. RESOURCE GUIDE** Portland has a wide variety of services available to homeless men and women that they may not know about. You can get copies through the "Rose City Resource Guide" ([www.RoseCityResource.org](http://www.RoseCityResource.org)) to hand out with your Care Kits.

| FREE Services at <b>Portland Rescue Mission</b>   | FREE Services at <b>Portland Rescue Mission</b>   | FREE Services at <b>Portland Rescue Mission</b>   | FREE Services at <b>Portland Rescue Mission</b>   | FREE Services at <b>Portland Rescue Mission</b>   |
|---|---|---|---|---|
| <ul style="list-style-type: none"> <li>• 24/7 private restrooms</li> <li>• Breakfast at 7:00 AM</li> <li>• Showers from 2-4:00 PM</li> <li>• Dinner at 6:00 PM</li> <li>• Chapel after dinner</li> <li>• Mailbox service</li> <li>• Agency information and referrals</li> <li>• Shelter and recovery programs</li> </ul> <p>Given with love from a friend of <b>Portland Rescue Mission</b></p> | <ul style="list-style-type: none"> <li>• 24/7 private restrooms</li> <li>• Breakfast at 7:00 AM</li> <li>• Showers from 2-4:00 PM</li> <li>• Dinner at 6:00 PM</li> <li>• Chapel after dinner</li> <li>• Mailbox service</li> <li>• Agency information and referrals</li> <li>• Shelter and recovery programs</li> </ul> <p>Given with love from a friend of <b>Portland Rescue Mission</b></p> | <ul style="list-style-type: none"> <li>• 24/7 private restrooms</li> <li>• Breakfast at 7:00 AM</li> <li>• Showers from 2-4:00 PM</li> <li>• Dinner at 6:00 PM</li> <li>• Chapel after dinner</li> <li>• Mailbox service</li> <li>• Agency information and referrals</li> <li>• Shelter and recovery programs</li> </ul> <p>Given with love from a friend of <b>Portland Rescue Mission</b></p> | <ul style="list-style-type: none"> <li>• 24/7 private restrooms</li> <li>• Breakfast at 7:00 AM</li> <li>• Showers from 2-4:00 PM</li> <li>• Dinner at 6:00 PM</li> <li>• Chapel after dinner</li> <li>• Mailbox service</li> <li>• Agency information and referrals</li> <li>• Shelter and recovery programs</li> </ul> <p>Given with love from a friend of <b>Portland Rescue Mission</b></p> | <ul style="list-style-type: none"> <li>• 24/7 private restrooms</li> <li>• Breakfast at 7:00 AM</li> <li>• Showers from 2-4:00 PM</li> <li>• Dinner at 6:00 PM</li> <li>• Chapel after dinner</li> <li>• Mailbox service</li> <li>• Agency information and referrals</li> <li>• Shelter and recovery programs</li> </ul> <p>Given with love from a friend of <b>Portland Rescue Mission</b></p> |

## 5. ENCOURAGEMENT

All the items listed previously are helpful, but the most meaningful part of a Care Kit is the opportunity for a conversation and friendship. Your smile and offer of help could be the encouragement a homeless man or woman needs to make it through another day. Take time to learn their name, listen to their story, and offer to pray with them.



## CARE KIT TIPS

**Have a Care Kit party!** Gather family, friends, co-workers or your community group to purchase supplies and assemble Care Kits together.

**Include seasonal items.** In summer, include sunblock or frozen bottles of water. In winter, include gloves, hats or heatpacks.

**Offer resources.** Ask if the person knows about Portland Rescue Mission. Be sure they know about meals, shelter, restrooms and other emergency services available. Our Guest Relations staff can often help guide a person to other social services they may not know about.

**Inspire others.** Share your story of handing out Care Kits with us. Email us at [info@pdxmission.org](mailto:info@pdxmission.org).



Compassionate support from friends like you helps Portland Rescue Mission to provide meals, shelter and recovery care to hurting men, women and children. [WWW.PORTLANDRESCUEMISSION.ORG](http://WWW.PORTLANDRESCUEMISSION.ORG)



**Portland  
Rescue Mission**  
Giving Hope. Restoring Life.™



**Portland  
Rescue Mission**

**Burnside Shelter**  
111 West Burnside  
Portland, Oregon  
503-906-7690  
[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

**Trimet MAX Red or  
Blue line**  
Skidmore Fountain stop

**Trimet bus lines 12, 19, 20**  
Burnside Bridge, stop #689



**Portland  
Rescue Mission**

**Burnside Shelter**  
111 West Burnside  
Portland, Oregon  
503-906-7690  
[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

**Trimet MAX Red or  
Blue line**  
Skidmore Fountain stop

**Trimet bus lines 12, 19, 20**  
Burnside Bridge, stop #689



**Portland  
Rescue Mission**

**Burnside Shelter**  
111 West Burnside  
Portland, Oregon  
503-906-7690  
[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

**Trimet MAX Red or  
Blue line**  
Skidmore Fountain stop

**Trimet bus lines 12, 19, 20**  
Burnside Bridge, stop #689



**Portland  
Rescue Mission**

**Burnside Shelter**  
111 West Burnside  
Portland, Oregon  
503-906-7690  
[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

**Trimet MAX Red or  
Blue line**  
Skidmore Fountain stop

**Trimet bus lines 12, 19, 20**  
Burnside Bridge, stop #689



**Portland  
Rescue Mission**

**Burnside Shelter**  
111 West Burnside  
Portland, Oregon  
503-906-7690  
[www.PortlandRescueMission.org](http://www.PortlandRescueMission.org)

**Trimet MAX Red or  
Blue line**  
Skidmore Fountain stop

**Trimet bus lines 12, 19, 20**  
Burnside Bridge, stop #689