# SURVIVAL SACKS
(Sacred Heart Program)

What is a Survival Sack?

- Survival Sacks are a way to distribute much-needed items to people who are currently homeless.
- A person can receive a Survival Sack once every three months in addition to regular Clothes Closet services.
- Sacred Heart distributes them on the 1st and 15th of each month.
- Sacred Heart distributes 60 Survival Sacks each month.
- Survival Sacks are meant to last an individual 3 months (hygiene items should be full-sized to accommodate this need).

What does the Survival Sack consist of? (Note: the homeless consist of <u>both men and women</u>, so consider that when providing gender-specific items.)

- New backpack
- 2 pairs of socks (heavy ones best)
- 2 pairs of underwear
- Washcloth
- Deodorant (3.5 oz)
- Bar of soap (3 oz.)
- Toothbrush
- Toothpaste (7+ oz. tube)
- Comb
- Toilet paper rolls
- Small roll blanket (30” x 45”), if available
- Poncho
- Shampoo (15+ oz.)
- First-aid kit
- Extras (razors, chapstick, etc.)

What can you help provide?

- Any of the above items
- Larger sizes also appreciated
- Small ready-to-eat individual food items
- Packages of underwear or socks to be divided among several sacks

When should you bring it the Holy Family vestibule? -- The 5th weekend of each month.

- May 30-31
- August 29-30
- November 28-29
- January 26-27