

## **Each Backpack Should Contain:**

Flashlight with change of batteries  
BIC lighter  
First-aid kit (band-aids and ointment)  
Thermos  
One set of utensils (not plasticware)  
Twist-top manual, handheld can opener  
Quart size zip-lock baggies  
Antibacterial no-rinse soap  
Pack of disposable razors  
Toothbrush  
Toothpaste  
Mouthwash (alcohol-free)  
Shampoo  
Hairbrush  
Baby wipes

Roll of toilet paper  
Pen and small pad of paper  
Instant heat packs  
1 Poncho (hooded / rain)  
1 space blanket, bag or hooded blanket\*  
1 pair of warm socks  
1 ski cap or ski mask  
1 scarf  
1 pair of insulated gloves  
Ready-to-eat items, e.g. peanut butter, energy or breakfast bars, fig newtons  
Add hot water instant beverages, soup  
Single, ready-to-serve: canned goods, cereal packs, lunch and snack packs

*\*Space blankets and bags can be found in the emergency or survival gear section of most sporting goods and automotive stores. They are perfect for compact storage, retain 80% of a person's body heat and help insulate users from wet weather. Visit [www.highmtns.com](http://www.highmtns.com) "survival gear" to view these items.*

## **Not Just Backpacks**

Although a large collection of filled backpacks is our primary objective, we will gladly accept new or like-new winter blankets and adult, unisex *winter* clothing. Like-new articles must be clean, free of stains, tears and wear, with all fasteners and compartments working properly. Undergarments, headwear and footwear must be new. Organizations are asked to carefully inspect all items prior to shipping.