



RMHC

Greater Washington, DC

Keeping families close

CARE KIT

Guide

Please note that the items listed under each kit serve as a guideline for the types of items to include.

NEWBORN/NEW FAMILY KIT

- Newborn clothing
- Receiving blanket
- Baby Toiletries
- Burp cloths/bibs
- Rattles and teethers
- Pacifiers
- Diapers and wipes

LAUNDRY KIT

- Laundry pods
- Small bottle laundry detergent
- Dryer sheet packs
- Dryer balls
- Lint Roller
- Fabric freshener

CAREGIVER KIT

- Phone charger
- Slippers
- Sleep mask
- Fuzzy socks
- Lotion
- Notebook
- Nail clipper set

WINTERTIME KIT

- Hats/Gloves/Scarves
- Scent Diffuser (seasonal)
- Lip gloss/ChapStick
- Soothing Lotion
- Cozy Socks
- Winter Bingo
- Mini Squish Mallows
- Fidget Toys
- Games/Puzzles

KID FRIENDLY SNACKS KIT

- Fruit snacks
- Applesauce pouches
- Peanut butter crackers
- Goldfish, Cheese-Its
- Raisins
- Pretzels
- Pudding Cups

Healthy gluten-free, dairy-free, and nut-free options are always appreciated!

FALL/HARVEST SNACK KIT

- Harvest Trail Mix/Trail Mix
- Cookies, Brownies, Brittle
- Microwaveable Soups
- Peanut Butter/Cheese/Saltine Crackers
- Teas/Hot Chocolate/Hot Apple Cider
- Seasonal Snacks (roasted pumpkin seeds, sunflower seeds, kettle corn)
- Jerky Packs (Beef & Turkey)
- Candy/Caramel Apple Kits

PROTEIN KIT

- Dried fruit packets
- Beef jerky
- Protein bars
- Peanut butter packet
- Tuna packet
- Trail mix
- Protein shake

MEAL KIT

- Tuna/chicken salad kit
- Chips/crackers/cookies
- Applesauce/fruit cups
- Mini water bottle/juice
- Mac N Cheese/Hormel Completes
- Ramen

WELLNESS KIT

- Tea
- Honey
- Electrolytes
- Therapy dough
- Lozenges
- Travel tissue pack
- Reusable hot/cold pack

ACTIVITY KIT

- Coloring/activity book
- Crayons
- Stickers/sticker book
- Play-doh
- Travel puzzle
- Children's book
- Small Lego set

Care Kits Instructions

REQUIREMENTS

- Everything must be NEW and in the ORIGINAL UNDAMAGED PACKAGING. This is based on maintaining the health and safety of the immunocompromised populations we serve.
- We are unable to accept any gun-shaped items or items with violent imagery. We are also unable to accept the inclusion of medication in our Care Kits (Ibuprofen, Tylenol, etc.)

IMPORTANT CONSIDERATIONS

- **WE VALUE QUALITY OVER QUANTITY!**
- Items in **red** listed in our suggestions are most needed.
- Please be mindful of including items that do not have fast-approaching expiration dates.
- Between both houses we have a total of 56 rooms. In recent months, our houses have been experiencing maximum capacity. **Please DO NOT make more than 75 of one type of kit.** You can make multiple types if making more than 75.
- We **recommend placing a minimum of 5 items in each kit**; but this is not a requirement and may be decided based on the size of the items.
- If you choose to write notes to include, please stick to inspirational/motivational messages like "you are a rockstar and avoid messages like "get well soon" or health associated comments.
 - Many of our groups like to package their items in white paper bags that they can write jokes, notes, or drawings on.
- We recommend packaging kits in Ziploc bags, tulle drawstring bags or gift bags.

DROP-OFF

Please schedule a drop off slot: Care Kit Drop Off

This allows us to prepare for intake and ensure a smooth process.

If you made kits for both of our houses (NoVA and DC), please let the team know how many should be dispersed to each house upon delivery.

ADDITIONAL INFO

If you take any pictures while assembling the care kits, please feel free to share them or tag us at RMHCDC, so we can repost and thank you.

Below are a few examples of items to include in the various Care Kits. You can also see items on our Amazon Wish List at <https://bit.ly/rmhcdcwishlist>

DUE TO HIGH INFLUX OF THESE ITEMS, WE ARE NOT CURRENTLY ACCEPTING...

- Toiletry kits
- Movie kits
- Relaxation/Spa kits

Thank you for choosing to support our families in this special way! If you have any additional questions, please do not hesitate to reach out to [Gia Combs](#).