



Guide to Care Kits

Families staying at RMHCDC often have long days of medical appointments and hospital visits. Care Kits provide families with easy-to-grab meals, snacks, drinks, and fun activities to pass the time, even on their toughest days.

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.

IMPORTANT CONSIDERATIONS

1. WE VALUE QUALITY OVER QUANTITY!

2. Items in red listed in our suggestions are most needed.
3. Please be mindful of including items that do not have fast-approaching expiration dates.
4. 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.
5. 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.
6. 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.
 - a. Many of our groups like to package their items in white paper bags that they can write jokes, notes, or drawings on.

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>

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 [Adelaide Birgenheier](#).

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

Care Kits

CAREGIVER CARE KIT

Phone charger
Beauty/skincare set
Hairbrush
Nail Clippers
Gum
Sleep Mask
Slippers
Fuzzy socks
Travel mug/water bottle
Playing cards
Adult coloring book/activity book
Small notepad & pen
Lotion

CAREGIVER - MALE CARE KIT

Shaving cream/Aftershave

Razors
Lotion
Beard Oil
Coffee/Tea Sachet
Phone Charger
Pocket Notebook

Nail Clipper set

Car Scent

KID FRIENDLY SNACK KITS

Fruit snacks
Applesauce pouches
Peanut butter crackers
Goldfish, Cheez-Its, etc.
Raisins
Pretzels
Pudding cups

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

LAUNDRY CARE KIT

Laundry Pods
Dryer Sheet Packets
Tide Stick
Small bottle of laundry detergent
Fabric softener sheets
Dryer balls
Lint Roller
Laundry bags
Fabric freshener

PROTEIN KITS

Dried fruit packs
Beef jerky
Protein bars (Pure Protein, Clif Bars, Quest)
Individual peanut butter packet
Tuna packet
Trail mix
Protein shake

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

BREAKFAST KITS

Little Bites mini muffins
Belvita breakfast biscuits
Protein shake

Individual cereal cups/boxes

Squeezable fruit pouch
Individually Packaged Cutlery

If you chose to incorporate the following items, please be mindful of how you pack these so they do not get crushed:

Pop tarts
Cereal Bars

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

Care Kits

NEWBORN/NEW FAMILY CARE KIT

Newborn clothing
Receiving blanket
Board books
Infant toys/flashcards
Baby toiletries
Burp cloths/bibs
Newborn hats/socks
Rattles & Teethers
Binkies & Pacifiers
Diapers & wipes - **most in need of Sizes 3-6**
Infant Carrier Sling
Reusable water bottle
Sports drink/liquid IVs
Baby Keepsake (picture frame, hand/foot mold kit)
Skin Care for mom (Earth Mama, Erbavia)
Postpartum Care (Witch Hazel wipes, pads)

MOVIE NIGHT KIT

Microwavable popcorn
Flavored water or juice
Snacks
Popcorn/snack holder

MEAL KITS

Mac n Cheese/Hormel Completes Soup cups
Tuna/Chicken salad kit
Chips/filled crackers/cookies /Rice Krispies treats

Applesauce/fruit cups/fruit Snacks
Mini water bottle/juice/shelf-stable milk box

If you chose to incorporate the following items, please be mindful of how you pack these so they do not get crushed:

Crackers (saltines)

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

WELLNESS KIT

Soup cups
Microwavable/instant meals
Jello/pudding cups
Ginger chews
Teas
Honey
Electrolytes
Therapy dough (helps with stress and anxiety relief)
Lozenges

Travel tissue pack

Bed-bound activities (puzzles, fidget toys, handheld games)

Reusable hot/cold gel pack

Encouraging Quotes

If you chose to incorporate the following items, please be mindful of how you pack these so they do not get crushed:

Saltine Crackers

Due to High Influx of these items, we are not currently accepting...

TOILETRY KITS

Toothbrush
Toothpaste
Floss
Mini mouthwash
Mini shampoo/conditioner bottles
Mini deodorant
Body soap
Body lotion/oil
Lip balm
Shower caps
Sunscreen
Shower bombs
Face masks

ACTIVITY KIT

Coloring/Activity Book
Crayons
Stickers or Sticker Book
Play-doh
Travel puzzle
Children's book
Fidget toy
Small Lego set
Card game
Word search, crossword puzzle or Mad Libs book
Travel-sized board games
Rainbow scratch paper
Friendship bracelet materials

RELAXATION/SPA KIT

Magazines
Journals
Daily affirmations
Pens
Tea
Honey
Blanket
Reusable water bottle
Zen garden or other sensory aid
Puzzles
Word search
Coloring books and crayons
Shower steamers
Lotion
Stress ball
Healthy snacks
Other Spa related items (nail polish, nail stickers
etc.)
Fuzzy socks
Face masks

OTHER

Cup of Noodles/Ramen
Individual oatmeal cups