

Basic Essentials MadCity Youth Pac "Wish List"

- Blanket
- Sleeping bag
- Poncho
- Tarp
- Flashlight
- Warmers (hand/foot/body)
- Umbrella
- Pen/pad paper
- Sewing kit

Clothing

- Socks (both genders)
- Underwear (gender specific)
- T-shirts/Sweatshirt
- Gloves
- Hats

Food

- Granola or Protein bars
- Snack pack items
 - Cereal
 - Nuts/raisins/trail mix
 - Cheese/crackers
 - Cookies
 - Meat sticks/jerky
 - Instant coffee/cocoa
 - Oatmeal
 - Fruit snacks/rolls
 - Peanut/almond butter
 - Ramen
 - Mac-n-cheese
- Juice or Water**
- Gift certificates (~\$10)**
 - Subway
 - Wendys
 - Jimmy Johns
 - Noodles
 - Qdoba
- Gift certificates (~\$10)**
 - Walgreens
 - Starbucks
 - Quiznos
 - Ians Pizza

10 Recommended Items for Cold Weather YouthPacs

1. Long Socks
2. Hand/Toe or Body Warmers
3. Carry & Go Foods (people typically will use quart/gallon sized bags to make own w/granola/cereal bars, nuts, drink, cheese/crackers, fruit snacks are the most common)
4. Space or Fleece Blanket
5. Hand sanitizer or wipes
6. Lotion/chapstick
7. Cough drops/NSAIDS (no preference on Advil vs Tylenol vs Excedrin nor type of cough drops)
8. Glove/hat (no scarves needed)
9. Bus pass (2 ride) or gift card
10. Poncho

Feel free to add a note of encouragement

Basic Hygiene

- Waterless soap
- Shampoo
- Body wash
- Hand/body wipes
- Tooth brush/paste
- Chapstick
- Sunscreen
- Brush/comb
- Nail clippers/files
- Q-tips
- Tissue (Kleenex)
- Hand lotion
- Deodorant (gender specific)
- Razors
- Shaving cream
- Tampons/pads
- Nail polish
- Condoms
- Hairbands

Transportation

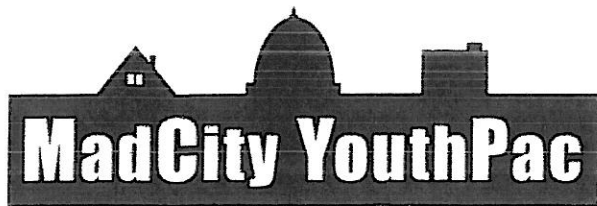
- Bus passes (10 ride or \$2 bus fare)

Health

- NSAIDS (Advil, Tylenol, Excedrin)
- Cough drops
- Band-Aid
- Triple Antibiotic
- Moleskin
- Foot powder
- First aid kit

Miscellaneous

- Carabineers
- Laundry pods/dryer sheets
- Stamps/envelopes
- Water bottle
- Ziploc bags
- Plastic containers
- Ear phones w/microphone
- Playing cards
- Lighter/matches
- Duct tape
- Paint markers
- Packing tape
- Mylar foil blankets



Survival Backpacks for Homeless Youth

- **SlaveFree Madison** is a community action group that promotes awareness about modern-day slavery and advocates cooperative community responses to human trafficking in Dane County. www.slavefreemadison.com.
- **Briarpatch Youth Services** provides services to runaway, homeless, and at-risk youth including a street outreach team that provides supplies and services in the community. www.Briarpatch.org

Statistics

- 650 children were reported homeless as of the beginning of the Madison Metropolitan School District school year on September 21st, 2015. That number usually shoots up to over 1,000 by the New Year.
- Statistics on the Briarpatch website also reveal that, in Dane County, more than 1,700 students reported being kicked out or running away from home in the last 12 months.
- 75% of homeless and runaway youth have already or will drop out of school.
- It is estimated that 5,000 unaccompanied youth in the U.S. die each year as a result of assault, illness, or suicide.
- The International Labor Organization estimates that there are 20.9 million victims of human trafficking globally, including 5.5 million children, 55% are women and children.
- The Convent House says kids who had a history of childhood sexual abuse, who lacked a caring, supportive adult in their life, and who had no means to earn an income were particularly vulnerable to such exploitation.

- Remember that each of these numbers represents a person- a child, a sister, brother, niece, nephew, grandchild...



This pictured backpack is available at Amazon: http://www.amazon.com/Diamond-Candy-Waterproof-Mountaineering-High-capacity/dp/B00MPGH94C/ref=pd_sim_468_4?ie=UTF8&dpID=51ww96M4%2BcL&dpSrc=sims&pr_eST= AC UL160 SR160%2C160 &refRID=1XZYZB1RPTD80PB80EG6

Briarpatch suggests a **Larger Capacity Backpack with 2 durable shoulder straps** (messenger bags/single sling style bags are difficult to carry when weighed down and/or for long distances). Most people like non-descript colored bags.

To help with backpack size capacity:
Day hiking packs are usually 500-1800 cubic inches (8-30 liters)
Overnight hiking packs are usually 2400-3000 cubic inches (40-50 liters)
Multi night hiking packs are usually over 3000 cubic inches (50+ liters)

