

# WARM WEATHER CARE KITS

Creating a warm-weather care kit is like packing a little suitcase of compassion—practical, portable, and perfectly thoughtful. Whether you're assembling kits for unhoused individuals, community outreach, or just good old-fashioned kindness magic, here's a sunshine-ready list of essentials.

You don't have to include every item on this list—**just choose the ones you're able to access or afford.** Every small gesture counts. A single bottle of water or a note of encouragement can brighten someone's day. Kindness doesn't need to be fancy to be powerful.

## WARM-WEATHER CARE KIT ESSENTIALS

## Hydration & Cooling

- ☐ Reusable water bottle or sealed bottled water
- ☐ Electrolyte packets (like Propel, Liquid I.V., or generic)
- ☐ Cooling towel (snap-activated or soaked in water)
- ☐ Misting spray bottle
- ☐ Portable fan (battery-powered or handheld)

## Clothing & Personal Comfort

- ☐ Lightweight socks (preferably moisture-wicking)
- ☐ Baseball cap or wide-brim hat
- ☐ UV-protective sunglasses
- ☐ Bandana (multi-use: sun protection, wet wipe, etc.)
- ☐ Flip-flops or inexpensive sandals (for showering or hot pavement)

## Hygiene & Self-Care

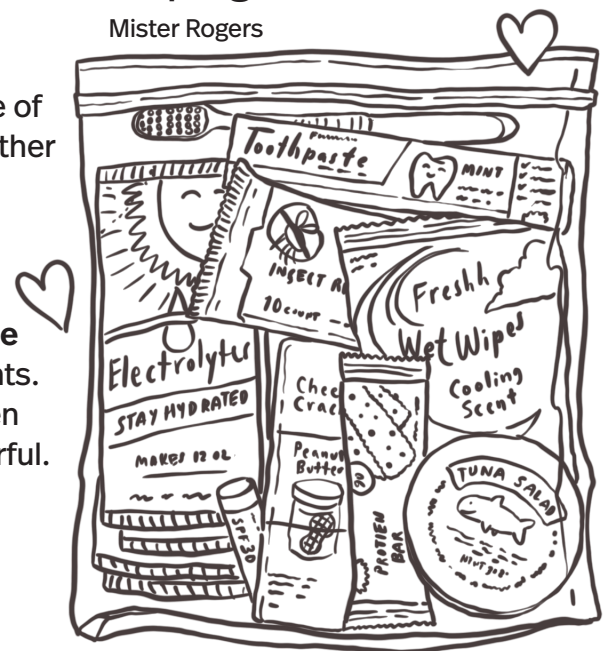
- ☐ Sunscreen packets (travel size, non-greasy)
- ☐ Deodorant wipes or body wipes
- ☐ Toothbrush and mini toothpaste
- ☐ Lip balm with SPF
- ☐ Travel-size hand sanitizer
- ☐ Comb or travel brush

## Nutrition & Snacks

- ☐ Granola bars or protein bars
- ☐ Dried fruit and nuts
- ☐ Tuna or chicken salad kits (with spoon)
- ☐ Fruit pouches (like applesauce)
- ☐ Gum or mints

“Real strength  
has to do with  
helping others.”

## Mister Rogers



## Thoughtful Touches

- ☐ Insect repellent wipes
- ☐ Ziplock bags (for storing items, trash, or wet cloths)
- ☐ Bus pass, prepaid phone card, or grocery gift card
- ☐ Notebook and pen
- ☐ Printed list of local resources (shelters, cooling centers, clinics)
- ☐ Personal note or encouragement card—a little kindness goes a long way!

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**Tips for Packing:** Use a gallon-size ziplock bag, drawstring bag, or small backpack for easy carrying.

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