



**PACKS - Praying And Caring**  
for the Kingdom's Servants  
A Ministry of the Evangelical Methodist Church  
supplying hygiene, first aid and school supplies to  
children around the world.



## SUGGESTED LIST OF ITEMS

### FIRST AID and HYGIENE:

Comb or Brush (no longer than 6 inches)  
Eye drops  
Hand Sanitizer  
Children and Adult Vitamins  
Wash cloths - cloth or disposable  
Antibacterial wipes  
Baby Wipes  
Sunscreen (Lotion – no sprays or aerosols allowed)  
Small packets of Kleenex  
Antibiotic Ointment  
Band-aids, those including antibiotic ointment are best  
Bar Soap (no liquids allowed)  
Toothbrushes (children's and adults)  
Toothbrush Holder  
Toothpaste, please remove from box (easier and lighter to transport)  
Bible story coloring books or picture books (remember there may be a Language barrier)

### CLOTHING

Shorts or pants (elastic waist items are best)  
Tennis shoes or flip flops  
T-shirts or tops  
Socks  
Hats or caps  
Sunglasses  
Hair accessories

### SCHOOL SUPPLIES

pens, pencils, colored pencils, sharpeners, markers, notebooks, paper, solar calculators, picture books  
Crafts you make - hair bows, finger puppets, friendship bracelets, etc.

### PENPAL POTENTIAL

Optional - A personal note to the child, including a photo of yourself, your family or group is optional. IF you include your name and an address, the family may be able to write back.

### DO NOT INCLUDE:

- \* Used or damaged items
- \* No War-related items (toy guns, knives, or military figures)
- \* NO FOOD
- \* NO CANDY except lollipops
- \* No liquids or lotions
- \* No breakable items such as snow globes or glass containers
- \* No aerosol cans.

### TOYS

Small (Nerf type) ball  
Stuffed animal (small Beanie Baby type)  
Small baby doll  
Coloring Books, Small notebooks, etc.  
Colored Pencils & a sharpener (crayons melt)  
Small musical instruments, bells, finger puppets  
Matchbox type cars, Yo-Yos, Jump Ropes