

Appalachian Regional Ministry

Hygiene Items

- Soap (Bar and/or Liquid)
- Shampoo
- Conditioner
- Toothpaste
- Toothbrush
- Mouth Wash
- Shave Cream
- Deodorant
- Hair Spray
- Comb/Brush
- Wash Cloth
- Razors
- Q-tips
- Cotton Balls
- Lotion
- Manicure Sets
- Women's Hygiene Items
- Other

Please do not use travel or sample size items. Place these items in a large zip-lock bag for distribution. Include a gospel track and/or New Testament in a modern translation.

Underclothes/Socks

Please Identify Size

Gloves/Mittens/Scarfs

New Mom Packs

- Disposable Diapers
- Baby Wipes
- Pacifier
- Baby gowns
- Baby bottles
- Baby care items – shampoo, baby wash, baby brush, etc.
- Receiving blankets
- Cloth diapers
- Baby toys
- Other

Include a New Testament in a modern translation and other literature for new moms.

Diaper Drive

Food Drive

- Golden Food Box
- Peanut Butter/Jelly/Crackers
- Spaghetti/Sauce

- Canned Vegetables
- Canned Meats
- Macaroni/Cheese
- Canned Fruits
- Cereal/Oatmeal
- Flour/Meal/Sugar
- Drinks
 - Coffee
 - Tea
 - Dried/Canned Milk
 - Kool-Ade, Lemon-Ade, etc.
 - Juices
 - Hot Chocolate Mix
- Cooking Oil/Shortening

Cleaning Supplies

- Clothes Detergent
- Fabric Softener
- Bleach
- Dish Detergent
- All Purpose Cleaner
- Glass Cleaner

Linens

- Towels
- Wash Cloths
- Sheets
- Pillow Cases
- Mattress Pads
- Blankets
- Pillows

Bibles (Adult, Youth, & Children's Versions)

Children's Books

Baby Items (New or Good Used)

- Car Seats
- High Chairs
- Bassinets
- Baby Beds/Mattresses
- Bathing/Changing Tables
- Other

Toilet Paper/Paper Towels

Gas Cards