



## Fresh Start Bags

ICT S.O.S is honored to partner with the Child Advocacy Center, Youthville, Exploited & Missing Child Unit, YWCA, Carpenter Place and many other local agencies that serve victims of exploitation as well as at-risk youth.

One common theme we have encountered over and over again is that often when one of these agencies comes in contact with a victim/survivor, they may be in serious need of basic necessities.

As a community, one of the simplest things we can do is to organize and provide those resources so that they are on hand and easily accessible in a moment of crisis.

If your group would like to create a bag, you will find a list on the back of this document with the needed items. Here are a few guidelines:

- Please purchase NEW items.
  - Yes, this increases the cost. It also sends a message that the receiver is WORTH nice, new things.
- Please purchase all clothing items in the same size. (IE: All mediums, or all larges, etc.)
- Please purchase basic colors to appeal to any taste. (Darker colors work well)
- Have fun and enjoy the process. What you pick out will bless both the receiver of the bag as well as the agency providing services. You are truly providing a FRESH START!

Completed bags can be returned to the ICT S.O.S. office any time during business hours. For other arrangements email [info@ictsos.org](mailto:info@ictsos.org)

When a child or young adult has been through something traumatic and officers or social workers can give them a bag with fresh clean clothes, hygiene items, a journal or comfort item and a meal, imagine the effect that will have. It's a small thing but a big start to healing!

ICT SOS

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**Teen Girls:**

Duffel Bag  
2 sports bras  
1 package bikini briefs  
1 pair dark sweat pants  
1 pair yoga pants  
1 t-shirt  
1 tank top  
1 hooded sweatshirt  
1 package ankle socks  
1 deodorant  
1 shampoo- full size  
1 conditioner- full size  
1 toothbrush  
1 toothpaste  
1 body wash  
1 body lotion  
1 facial wash  
1 hairbrush  
1 small package pads/tampons  
1 journal  
1 pen  
1 \$5-10 fast food gift card

**Teen Boys:**

Duffel Bag  
1 package boxer briefs  
1 pair dark sweat pants  
1 package boxer shorts  
1 pair athletic shorts  
1 package athletic socks  
2 t-shirts  
1 hooded sweatshirt  
1 deodorant  
1 shampoo- full size  
1 conditioner- full size  
1 toothbrush  
1 toothpaste  
1 body lotion  
1 facial wash  
1 body wash  
1 comb/brush  
1 journal  
1 pen  
1 \$5-10 fast food gift card

**Girl/Boy Child:**

Duffel Bag  
1 pair pajamas  
1 package underwear  
1 package socks  
1 t-shirt  
1 sweatshirt  
2 pairs sweatpants  
1 story book  
1 blanket  
1 small, age appropriate toy (optional)  
1 \$5-10 fast food gift card

**Other Items Needed:**

Blankets  
  
Individually wrapped snack items  
  
Bottled water  
  
Juice boxes  
  
Hygiene items  
  
30-Gallon plastic totes  
  
Duffel bags  
  
Socks/underwear  
  
Journals/pens  
  
African American hair products  
  
Flip Flops/Shoes (all sizes)