

Fresh Start Bags

ICT S.O.S is honored to partner with local agencies that serve victims of exploitation as well as at-risk youth.

One common theme we have encountered 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.

Attached is a list of items needed if your group would like to create a Fresh Start Bag. 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, 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 hayley@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 S.O.S.
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Fresh Start Bags

Adult/Teen Female

Duffel Bag
2 sports bras
1 package bikini briefs
1 pair shorts
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 and tampons
1 journal and pen
1 \$5-10 fast food gift card

Adult/Teen Male

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
1 journal and pen
1 \$5-10 fast food gift card

Male or Female Child

Duffel Bag
1 pair pajamas
1 package underwear
1 package socks
2 t-shirts
1 sweatshirt
1 pair sweatpants
1 pair shorts
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 story book
1 blanket
1 journal and pen
1 small, age appropriate toy
1 \$5-10 fast food gift card

Other Items Needed

Blankets
Hygiene items
30-Gallon Plastic Totes
Duffel bags
Socks/Underwear
Journals

2-Gallon Size Zip-lock Bags
Sandwich Bags
Sticky Notes
Stuffed Animals
Kids Books
Young Adult Chapter Books

Trash Bags
Packing Tape
Rubber Bands
12-Gallon Plastic Totes
Clear Plastic ID Holders
Zip-Ties