



When many of our participants leave prison and jail, they have nothing. All the basic hygiene items we take for granted are highly valued essentials for those returning to the community. TRI likes to welcome back our participants with backpacks that are filled with items that will meet not only their basic needs but will also help them transition more effectively. Having all their items in one place that is also portable is vital. Please review the lists below and if you are able to make a donation of any or all of the items, including the backpack, we would be very grateful.

### Returning Citizen Post Release Back Pack Inventory List

**Note: Travel Size when possible**

**Female hygiene supplies (men get the same minus the sanitary napkins, tampons and hairspray).**

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|---|--|
| One (1) Backpack that will include the following items: | One (1) bath towel   |
| One (1) tube of toothpaste                              | One (1) washcloth  |
| One (1) toothbrush                                      | One (1) pkg cleansing wipes  |
| One (1) toothbrush holder                               | One (1) roll of toilet paper                                       |
| One (1) mouthwash (non-alcoholic)                       | One (1) small box or bag (14.8 ounces) powdered clothing detergent |
| Six (6) twin blade disposable razors                    | One (1) small box of cotton swabs                                  |
| One (1) can of shaving cream                            | One (1) package of sanitary napkins                                |
| One (1) can of hairspray                                | One (1) package of tampons   |
| One (1) bottle of shampoo                               | One (1) pair of tweezers   |
| One (1) bottle of conditioner                           | One (1) clipper  |
| One (1) deodorant                                       | One (1) nail file  |
| One (1) bottle of hand sanitizer                        | One (1) make up remover towelettes                                 |
| One (1) bottle of lotion                                | One (1) small box of Band-Aids                                     |
| One (1) hairbrush                                       | One (1) lock with combination or key                               |
| Two (2) pair of white socks                             | One (1) protein bar  |
| One (1) ballpoint pen                                   | One (1) rain poncho  |
| One (1) pocket calendar                                 | <b>For Winter:</b>   |
| One (1) notepad   | Mittens  |
| One (1) folder  | Scarf  |
| One (1) water bottle                                    | Warm knit cap  |
| One (1) bar of body soap                                | Hand warmers   |