



# Urgent Needs CHECKLIST

Below are items we need to take care of our Veterans who reside on Camp Hope. Their stay is between 5-6 months and at no cost to them or their family. We can house up to 80 Veterans. Anything you can help with would be a tremendous blessing.

## MOST URGENT NEEDS

**See Hi-lighted items below**

## GROCERY

- Bacon
- Bread
- Bottled Water (bottle and jug)
- Canned Goods (potatoes, corn, green beans, tomatoes, etc.) regular size can and #10 size cans
- Cheese - sliced
- Chicken
- Coffee - K-Cups/Ground
- Creamer
- Dry Goods (cereal, rice, pasta, etc.)
- Eggs, Powdered or Fresh
- Fish
- Fresh Produce: onions, lettuce, tomatoes, fruits, berries, etc.
- Milk, Powdered, Whole, 2% or Shelf
- P-Nut Butter
- Protein Powder
- Sugar-granulated (packets and 5-10lb bags)
- Tea

## PERSONAL HYGIENE & CLOTHING

- Active Gym Shorts, size med to 2SL
- Body Wash (liquid)

- Deodorant – Men's
- Gold Bond Medicated Powder
- Floss & dental picks
- Hand-Sanitizer
- Lotion
- Mouthwash – Non-Alcoholic
- Men's underwear (boxer/boxer brief) Not white, all sizes
- Shower Shoes**
- Q-Tips**

## HOUSEKEEPING

- All-purpose Cleaner WITHOUT BLEACH**
- Bathroom Cleaners** (toilet/shower/mirrors)
- Broom w/dustpan - household
- Carpet Shampoo (liquid)
- Comet type cleaners
- Dishwasher Detergent (liquid)
- Dryer Sheets
- Furniture Polish
- Febreze Spray
- Floor Cleaner**
- Gym Equipment Wipes
- Laundry Detergent
- Lysol cleaners wipes type disinfectant
- Paper Plates
- Plastic Silverware
- Paper Towels
- Plastic zipper bags (Ziploc-1 gal, quart & sandwich size)

You may bring items to Camp Hope and drop off at the Donation Station located in the Front Office. Another way to get items to Camp Hope is through [AmazonSmile](#). We have 6 lists: Pantry, Residential, Campus Facilities, Office Supplies, Weatherford Family Complex and Urgent Needs Lists. You can give twice by choosing PTSD Foundation of America as your Charity. One way to shop for food items and have them delivered is through Instacart & Amazon Fresh.

- Rubber gloves (all sizes)
- Scrubber sponges
- Toilet Bowl Cleaner**
- Trash Bags (all Sizes)

## BED & BATH

- Bath Towels and Wash Rags (white)
- Blankets – Twin, med weight
- Hangers
- Pillows (standard) & Pillowcases (standard)

## CLASSROOM & OFFICE SUPPLIES

- Postage Stamps for mailing letters home**
- Alarm Clocks
- Backpacks
- Copy Paper (8.5x11)
- Computers (desktop & laptop, new up to 3 years old)
- Highlighters
- Postage Stamps
- Pencils
- Pens (pentel or RSVP) Black, Red, Blue
- Spiral Notebooks
- 3 ring Binders (1' & 2")

## FACILITIES

- A/C Filter – 16x25x2
- Air Filter for Homes-3M: 20x30x1; 20x20x1; 16x25x1; 20x25x1; 12x12x; 18x18x1**
- Batteries – Double A, 9 Volt
- Household tools
- Fire Ant Killer
- Light Bulbs – Energy Efficient, 100W – Outdoor/Flood
- Light Bulbs – Energy Efficient, 40W, 75W – indoor, ceiling fan
- Push Broom
- Vacuum Cleaners
- Weed Killer

## VITAMINS & MEDICATIONS

- EMERGEN-C Packets
- Cold Remedy Mucous Relief Tablets
- Cold & Flu Caps – Daytime & Nighttime (preferably contains Cough Acetaminophen/Cough Suppressant/Expectorant /Nasal Congestion)
- Guaifenesin Mucous Relief Tablets
- Vitamin C – time release tabs

## PPE

- Disposable Isolation Gowns
- Forehead Thermometer
- N95 Particle Masks
- Nitrite gloves

## GIFT CARDS

- HEB
- Kroger
- Home Depot
- Lowes
- Target
- Walmart
- Restaurant Food Gift Cards for Wednesday Lunches (they are taken to a counseling facility off campus, so lunches are bought)

## IMPORTANT INFORMATION

Due to our limited storage capacity we do not accept travel size toiletries. We do accept clothing, but we respectfully ask that you call before coming to the campus to verify we can take the donation as we may not be able to store. You may contact our In-Kind Donation Coordinator, Crystal Morgan at 832.912.4429 x105 or email at [crystal.morgan@ptsdusa.org](mailto:crystal.morgan@ptsdusa.org)