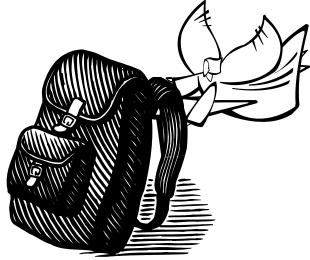


# Angels With Backpacks



BE AN ANGEL! - Give a young person the gift of a backpack filled with basic necessities to help make life on Ottawa's winter streets a little more bearable. We are filling backpacks for young people who depend on the support of the **Downtown Youth Services Bureau** (YSB) Drop-In. The YSB Drop-In provides services and a safe place for youth 12-20 years of age who have complex needs and are homeless, unstably housed or living on the street.

## THE BACKPACKS

★ *Backpacks are available for pickup in the staff room or from the chaplain.*

## THE LIST

★ The following is a list of backpacks items that has been developed in consultation with the Youth Services Bureau and the young people they serve. *Please don't feel obliged to include everything* – it is simply a source of ideas!

### BASIC CLOTHING NEEDS:

- ★ A pair of warm socks
- ★ A pair of warm gloves or mitts
- ★ Warm scarf and hat
- ★ Rain poncho

### PERSONAL CARE PRODUCTS:

- ★ Shampoo & Conditioner
- ★ Soap

- ★ Toothpaste & Toothbrush
- ★ Dental Floss
- ★ Body lotion
- ★ Deodorant
- ★ Towel & face cloth
- ★ Hair brush or comb
- ★ Tampons & sanitary pads
- ★ Razors & shaving gel
- ★ Sunscreen
- ★ Toilet paper & Kleenex

### EQUIPMENT:

- ★ Water bottle / thermal mug
- ★ Fleece blanket
- ★ Space blanket (aluminum blanket found in camping supply section)
- ★ Emergency phone card
- ★ Flashlight and batteries
- ★ Candles
- ★ Lighters and matches
- ★ First aid kit
- ★ Sewing kit

### FOOD:

- ★ Non-perishable food items (e.g. hot chocolate, oatmeal, granola bars, cup-of-soup)
- ★ Grocery gift certificates (e.g. Loeb, Loblaw's)
- ★ Restaurant gift certificates (e.g. Tim Horton's, McDonalds)

### TRANSPORTATION:

- ★ Bus tickets (getting to appointments can be very challenging)

### TREATS:

- ★ Notebooks / journals / drawing materials
- ★ Pens / Sharpie markers
- ★ Novel or puzzle books (e.g. Sudoku, crosswords)
- ★ Chewing gum /chocolate

Sponsored by:

St. Matthew's Anglican Church, and  
Youth Services Bureau