PTSD Foundation of America
Camp Hope
PROVIDING HOPE AND HEALING FOR THE UNSEEN WOUNDS OF WAR

Urgent Needs
CHECKLIST

Below are items for the Veterans staying at Camp Hope. These heroes, who can be up to 120 in number, are with us for a duration of 7-9 months, completely free of charge to them and their families. Your contribution, in any form, would be an incredible gift and would greatly aid in providing the best care for these deserving individuals.

GROCERY

- ☐ 5 Lbs Bags Shredded Cheese
- ☐ Apple Juice (64 oz or larger)
- ☐ Black Bean Cans
- ☐ Cereal
- ☐ Cranberry Juice
- ☐ Strawberry & Grape Jelly
- ☐ Milk – Whole Milk Only
- ☐ Orange Juice
- ☐ Pasta (Assorted)
- ☐ Sugar Packets (Individual)
- ☐ Seafood
- ☐ Tomato Products #10 Cans

CLASSROOM & OFFICE SUPPLIES

- ☐ 3 Ring Binders (I inch)
- ☐ Clipboards
- ☐ Manila Folders
- ☐ Postage Stamps

CLOTHING (NEW CLOTHES ONLY) & PERSONAL HYGIENE

- ☐ Body Wash
- ☐ Deodorant
- ☐ Loofahs
- ☐ Men's Shorts (Med – XXL)
- ☐ Men's White T-Shirts (All Sizes)

FACILITIES

- ☐ 13 Gallon Trash Bags
- ☐ 55 Gallon Trash Bags
- ☐ Blankets
- ☐ Dish Soap
- ☐ Disposable Plates
- ☐ Lysol Cleaner/Clorox Cleaner
- ☐ Multi-Purpose Cleaning Spray
- ☐ Pillows
- ☐ Plastic-ware
- ☐ Sponges

VITAMINS & MEDICATIONS

- ☐ Fish Oil
- ☐ Magnesium
- ☐ Melatonin 10MG
- ☐ Metamucil
- ☐ Pepto Bismol Pills
- ☐ Sennosides
- ☐ Smooth Move Tea
- ☐ Super B-Complex
- ☐ Zinc
- ☐ Zyrtec
- ☐ Vitamin D3

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BED & BATH

- ☐ Blankets
- ☐ Pillows
- ☐ Twin XL Sheet Sets

GIFT CARDS

- ☐ HEB or Kroger
- ☐ Home Depot or Lowe's
- ☐ Target or Walmart

IMPORTANT INFORMATION

- **PRODUCTS CONTAINING ALCHOL WILL NOT BE ACCEPTED**
- **DUE TO HYGIENE AND HEALTH CONSIDERATIONS, WE ARE ONLY ABLE TO ACCEPT DONATIONS OF NEW CLOTHING, BEDDING AND TOWELS**
- **DUE TO OUR LIMITED STORAGE CAPACITY, WE DO NOT ACCEPT TRAVEL SIZE TOILETRIES**
- **YOU MAY CONTACT US AT: (832) 912-4429 OR DONATIONS@PTSDUSA.ORG**

PLEASE VISIT OUR AMAZON WISH LIST.
IT IS UPDATED DAILY.