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

NOVEMBER 2026 CHECKLIST

URGENT NEEDS

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)
- ☐ Cereal
- ☐ Coffee Creamer (Liquid or Powder)
- ☐ Cranberry Juice
- ☐ Milk - Whole Milk Only (NO POWDER)
- ☐ Orange Juice
- ☐ Seafood
- ☐ Sugar Packets (Individual)
- ☐ Tomato Products #10 Cans

CLOTHING & PERSONAL HYGIENE

NEW OR GENTLY USED CLOTHES

- ☐ Beanies
- ☐ Body Wash
- ☐ Gloves
- ☐ Hoodies (All Sizes)
- ☐ Jackets (All Sizes)
- ☐ Loofahs
- ☐ Men's White T-Shirts (All Sizes)
- ☐ Sweatpants (All Sizes)

CLASSROOM & OFFICE SUPPLIES

- ☐ 3 Ring Binders (1 inch)
- ☐ Clipboards
- ☐ Manila Folders
- ☐ Postage Stamps

FACILITIES

- ☐ Dish Soap
- ☐ Disposable Plates
- ☐ Lysol Cleaner/Clorox Cleaner
- ☐ Multi-Purpose Cleaning Spray
- ☐ Plastic-ware
- ☐ Sponges

VITAMINS & MEDICATIONS

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

THANK YOU FOR SUPPORTING OUR VETERANS

(832) 912-4429 | donations@ptsdusa.org

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

URGENT NEEDS
NOVEMBER 2026

BED & BATH

- ☐ Blankets
- ☐ Twin XL Sheet Sets

GIFT CARDS

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

IMPORTANT INFORMATION

1. **Products containing alcohol will not be accepted.**
2. **We gladly accept new or gently used clothing. Due to hygiene and health considerations, all bedding and towels must be new.**
3. **Due to our limited storage capacity, we do not accept travel size toiletries.**

CONTACT US (832) 912-4429 donations@ptsdusa.org

SHOP FROM ANYWHERE

VISIT OUR AMAZON WISH LIST

It is updated daily. Scan the code to see what our Veterans need most right now.

SCAN ME