



Mindful Queer Collective*

*A project of Resources for Organizing and Social Change (ROSC)

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Backpacks for Homeless Youth

Thank you for your help in putting together a backpack with Mindful Queer Collective. This project comes in response to an epidemic of homelessness among Queer and Transgender youth here in Maine. Though we hope for more long term, sustainable solutions to this issue, we know that people right now need basic resources just to survive. The items on this list are geared towards the needs of youth specifically, and include supplies to help them survive in the short to mid term, as well as supplies needed for them to stay in school. These items do not need to be exact, a close approximation of something hard to find will do just fine. In general, most of these items can be found at the grocery store. Although we would prefer new items or items without any wear or damage. This list was created by homeless and formerly homeless youth and young adults, and reflects their actual needs. Any questions can be emailed to us.

Item	Who is getting it	Obtained
Large backpack (or rolling bag/duffle bag)		
Face cloth		
Basic first aid kit (misc bandaids, alcohol wipes, ankle wrap, pain meds, drug store gift card)		
Basic toiletries (toothbrush, toothpaste, floss, plastic comb, tampons, pads, deodorant, travel bottle of shampoo/conditioner, nail clippers, hand sanitizer, reny's or drug store gift card)		
Small container of unscented salve or lotion		
Tiny lock to fit on backpack zippers		
Emergency blanket		
Box of black pens		

Box of #2 pencils		
Pencil sharpener - small		
College ruled notebook		
1" binder		
Scientific calculator		
Four pack of AA batteries		
Umbrella - small		
10 ziplock bags - large/gallon		
5 ziplock bags - small/sandwich		
2 kitchen trash bags (contractor or leaf bags)		
Roll of duct tape		
Water proof wallet		
Box of granola bars (nut-free)		
5 hot cocoa packets		
5 black tea bags		
5 microwavable popcorn packets		
refillable water bottle (1 litre minimum, compatible, regular bottled water is best)		
Filled plastic water bottle		
Small bottle of sunscreen		
\$10 in quarters		
Gift card to cafes, dunkins, mcdonalds, subway, etc (chains, not local)		
\$10-\$20 grocery store gift cards (again chains, not local, Hannaford is best)		
2 pairs large cotton or wool socks		

Winter safety pack items	Who is getting it	Obtained
All items listed under "Item"		
Winter gloves		
Winter hat		
Heavy sleeping bag		
Summer safety pack items	Who is getting it	Obtained
All items listed under "Item"		
Sunglasses		
Light blanket		

Want to Support Mindful Queer Collective?

Mindful Queer Collective needs your love and assistance to continue functioning. We are a group of organizers and activists that aim to provide support and advice, necessary resources, and safe spaces for queer expression. We operate on donations, grants, and the fulfillment that comes from cultivating community. Please contact us if you can spare any supplies, money, and/or time to help with programs!

You can support us financially by sending checks to Resources for Organizing and Social Change (ROSC) that mention Mindful Queer Collective in the memo. ROSC's mailing address is: ROSC, PO Box 2444, Augusta, ME 04338-2444. If you want your contribution to specifically go towards the Backpacks for Homeless Youth Project please specify that by leaving a note with your check. We appreciate your support!

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