



**MY OWN KITS:**

Thank you for helping us provide homeless youth with basic hygiene products! When a youth arrives at Youth Without Shelter, they are provided with a ‘My Own Kit’. This kit contains all of the items they need to look after their personal hygiene. Each year we serve more than 1000 youth and on any given night, 53 youth will sleep under our roof.

*What is in a My Own Kit?*

<b>In each kit:</b>	<b>Products needed but not included in kits:</b>
<ul style="list-style-type: none"> <li>- Toiletry bag</li> <li>- Shampoo</li> <li>- Conditioner</li> <li>- Soap</li> <li>- Deodorant</li> <li>- Body Lotion</li> <li>- Toothbrush</li> <li>- Toothpaste</li> <li>- Hairbrush/Comb</li> <li>- Lip balm (ie Chapstick)</li> <li>- Washcloth</li> </ul>	<ul style="list-style-type: none"> <li>- Shaving Cream</li> <li>- Body Wash</li> <li>- Pads/Tampons</li> <li>- Razor</li> <li>- Perfume/Cologne</li> <li>- Q-Tips</li> <li>- Dental Floss</li> </ul>

**\*We ask that all items are travel size to fit into each toiletry bag that will then be distributed to the youth. Additionally, please ensure that you avoid including items such as razors, aerosol sprays and alcohol based items such as hand sanitizers and mouth wash.**

**Here is a step-by-step guide for how to help YWS by making My Own Kits:**

- 1) Assemble a team: This can be a class, a school, a corporate group, a church group, or just a bunch of friends.
- 2) Make a plan: Be creative! Will this be a competition against other teams? Will you have incentives to push people to donate?
- 3) Start collecting donations: Ask people to bring in new hygiene products. They can be full-sized for our longer-term residents or travel-sized for youth who only stay one night.
- 4) Assemble kits: When all your donations are in, now is the time to start assembling the kits. Make sure each kit has one of each item. It is ideal if kits are put in toiletry bags but, if not enough toiletry bags have been donated, Ziploc bags will do.
- 5) Deliver kits: Drop off your kits at Youth Without Shelter (6 Warrendale Court, Etobicoke ON, M9V 1P9).

**Questions?**

Contact the YWS Engagement Specialist, Soyoung Lee at – [volunteer@yws.on.ca](mailto:volunteer@yws.on.ca) or 416-748-0110 ext. 39

**Don't Forget:**

If you are in high school, all your hours can count toward your volunteer hours. Keep track of time spent and we will sign off on your hours when the project is complete.

