

Our focus will be on spiritual nourishment and various components of survival: food, water, first aid, warmth & shelter, sanitation & hygiene, lighting & communication and other survival gear. Each one of those categories can be broken down into hundreds of items. The list provides some ideas. Why survival? Many of the teens and women the Lord alerts us about are in precarious situations and in survival mode themselves. We hope to use the analogy of physical survival as a means to talk about how to move out of survival mode into a more stable situation both spiritually and physically. All items should be practical so each teen girl and woman who is gifted with something from the list can use it to meet her basic needs while still blessing her with a sense of pampering.

All items can be donated as an In Kind Donation and each donor will receive an In Kind Donation receipt. If you purchase any of the item ideas from the list below, please, contact office@breakofdawninc.org to schedule a drop off or for more information on where to have them shipped. Each donor will also donate shipping costs.

The list below contains ideas and is not an exhaustive list. Going through the aisles of any store, will provide even more options. Other than clothing and large items, almost anything could be useful to the teen girls and women we will gift. Contact us if you have questions and thank you for your donation!

FIRST AID/Medicine Kits	SANITATION & HYGIENE
☐ Non-latex gloves	☐ Medium-sized plastic bucket with tight lid
☐ Roller Gauze	☐ Box of 1-gal Ziploc bags
☐ Gauze Pads	☐ Heavy-duty plastic garbage bags and ties
☐ Medical Tape	☐ Baby wipes
☐ BandAids	■ Soap
☐ Tweezers	☐ Shampoo/Conditioner
☐ Tylenol/lbuprofen	☐ Hand Sanitizer
☐ GasX	☐ Disinfectant cleaner
☐ Anti-Diarrheal Meds	(anti-bac cleaning spray or wipes)
Anything from a Pharmacy Aisle	☐ Toothpaste & toothbrush
LIGHTING	□ Washcloths & towels□ Toilet Paper
☐ Flashlight	☐ Fine-tooth comb & brush
☐ Headlamp	□ Deodorant
☐ Candles	□ Sunscreen
☐ Matches & Lighters	Razor & Shaving Cream
☐ Chem Lights	Lip balm
☐ Battery Lantern	☐ Insect repellent
☐ Solar Lights	Feminine supplies (pads, tampons, Diva cups)
☐ Shake Lights	Contact lens solution
☐ Crank Lights	☐ Mirror
WATER	WARMTH
☐ Tumblers	☐ Blankets
☐ Water Bottles	☐ Gift Cards to purchase clothes, socks, underwear



We may eventually develop an online wish list if there are enough donors who are donating items from this list. If you would be more likely to purchase items via an online list such as Amazon Smile, for example, email us at office@breakofdawninc.org. If a wish list is created, you would purchase the item and it would automatically be shipped directly to Break of Dawn.

SPIRITUAL FOOD **SHELTER** (NEW) ☐ Small Items to furnish a new bedroom (all items must be able to fit into a backpack or small suitcase) ☐ Books ☐ Picture Frame Devotionals ☐ Inspirational Photo DVDs ☐ Inspirational notecards ☐ Inspirational Desk Calendar **FOOD** ☐ Small Desk Lamp ☐ Non-perishable food items ☐ Survival Kits **MISCELLANEOUS** ☐ Utensils ☐ GPS Garmin ☐ Can Opener ■ Batteries ■ Backpack COMMUNICATION ☐ Diapers & Pull-Ups for their children ☐ Gift Cards to purchase cell phones and plans ■ Non-clothing baby items ■ Battery-powered radio ■ Non-clothing toddler items ☐ CB Radio ☐ Non-clothing Preschool items ■ Batteries ☐ Gift cards ■ New toys ☐ Small gift items for 0-99-year-olds **NOTES** ■ Sunglasses ■ Hats ☐ Rain Gear & Boots ☐ Firestarters ☐ Kindling Supplies ☐ Duct tape ☐ Tool Kit Scissors ☐ Office supplies