

# RUCKs for Warriors without homes

## List of the top 10 most-requested items

1. Socks
2. Gloves
3. Reusable water bottle
4. Bandages
5. Wet wipes
6. Toothbrush and toothpaste
7. Sunscreen
8. Tuna packets
9. Jerky
10. Nail clippers

### Basic Hygiene items

- Nail clippers
- Wet wipes
- Resealable freezer zipper baggies
- Bandages (large ones, especially useful for blisters)
- Comb, pick and/or brush
- Hand lotion
- Lip balm
- Sunscreen
- lightweight backpacking towel
- Maxi pads
- Chewable multivitamins
- Toothbrush
- Toothpaste
- Body powder
- Tissues/Toilet paper

### Sleep System

- Sleeping pad
- Sleeping bag with stuff sack (storage/pillow)
- Sleeping bag liner

# RUCKs for Warriors without homes

## Food & Snacks

- Reusable Water bottle
- Jerky
- Tuna packets (No Cans)
- Cracker packs
- Peanut butter packets (No Jars)
- Dried fruit
- Nuts
- Nuts

## Utility Gear

- Headlamp flashlight
- Flashlight
- Hand warmers
- P-38 Can opener
- Quarters for laundry
- Tarp 8'x8'
- Small umbrella
- Sewing/Repair kit
- First aid kit
- Spork

## Universal Clothing

- Wool and self wicking socks
- Light weight windbreaker
- Gloves
- Winter coat
- Beanie