

## Self-Care Backpack List & Guidelines

\*This list is specifically for female survivors

Make an impact of compassion and show your support to individuals who have experienced sex trafficking by putting together a self-care backpack. Thank you for partnering with us and various city programs to love and care for our neighbors in our community.

### Hygiene Products

- Shampoo / conditioner
- Hair products for African Americans (i.e. cream, oil, silk wraps, leave-in conditioner, detangler, etc.)
- Wash cloths (2)
- Flip flops
- Q-Tips
- Liquid body wash
- Loofa
- Face wash
- Acne specific face wipes
- Body lotion
- Deodorant
- Feminine products (tampons, pads, and pH balancing wipes)
- Razors & shaving cream
- Toothpaste & toothbrush
- Medicated chapstick
- Eyebrow tweezers
- Brush / comb
- Nail clippers & file

### Optional Products that Promote Dignity

- Nail polish
- Hair ties
- Gift card to get nails done
- Gift card for hair products (i.e. Mid-K Beauty Supply has hair supplies for a variety of hair types)
- Gift card for clothing (i.e. Target / Fred Meyer)

### Backpacks

- Backpacks should be generic bags appropriate for everyday use. Please avoid backpacks with characters, bright colors, animals, jewels, or other embellishments. All bags should be easy to clean and have pockets.

### **Guidelines for Purchasing/Assembling:**

- Items should be new. A good rule of thumb: if you would feel funny receiving the quality of item as a gift, they would likely feel the same. We want to promote dignity and respect through the items, honoring these resilient, amazing individuals.
- Hygiene products need to be normal size and of quality. It can be re-traumatizing to individuals to receive hotel size bottles because it reminds them of when they were sold out of a hotel. Also, if you wouldn't want to use it on your body, or it's half full, or clearly used....it wouldn't feel as honoring to receive that as a gift.
- Items ideally as gender inclusive as possible. There are more women/girls than men/boys who engage in the services, but often they desire items that look older than their own age. Things that are more gender neutral help. Please no frills, sparkles, or animated animals.
- Feel free to include a note! Comments that promote dignity and are encouraging are great (i.e. "You got this, I think you're amazing" "I'm glad you exist" "You matter"). Please refrain from comments about them being saved, rescued, or escaping. Please keep envelope unsealed.
- Gift cards are great. Please keep the limit to \$50 or less. Places like Fred Meyer, Target, or Starbucks are great.
- Please no religious material (i.e. bibles, verses, journals with scripture)

### **Questions?**

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