

“Basic Care” Crate

- Provide what you can from each list. You do not have to send each item on the list in a crate, but [please only send items from the list](#).
 - *Unless specifically noted otherwise*, the links below are a suggestion for reference only. You are not required to buy from these links or the specific brand/type listed. **BUT, please make certain to buy equivalent items.**
 - [Please DO NOT mix items from the \(3\) lists](#). Each crate type should be packed with only items on that specific crate type list. In other words, don't put “Basic Care” items in a “Basic wound care” crate.
1. [Sleeping bags](#) (only 1 per crate to leave room for other items) - must be rated 0 deg
 2. Winter / Thermal Socks (variety of sizes needed)
 - a. [Adult medium](#)
 - b. [Adult large](#)
 - c. [Kids 8-12](#) and [Kids 4-7](#)
 3. Thermal underwear (variety of sizes needed)
 - a. Men: [Small](#), [Medium](#), [Large](#), [X-Large](#)
 - b. Women: [Small](#), [Medium](#), [Large](#), [X-Large](#)
 - c. Kids: [Small](#), [Medium](#), [Large](#), [X-Large](#)
 4. [Hand warmers](#)
 5. Winter gloves ([medium](#), [large](#), [x-large](#))
 6. [Toothbrushes](#)
 7. Toothpaste ([Children](#) and [Adult](#))
 8. [Full Body wipes](#) (not baby wipes)
 9. [Facial tissues](#) (small travel packs, not boxed)
 10. [Mylar Emergency Thermal Blankets](#)
 11. Thermos (personal size): [Option 1](#); [Option 2](#)
 12. [Water purification tablets](#)
 13. [“LifeStraw” water filter](#) - order online at Amazon or purchase at REI or other camping stores. Please get the LifeStaw brand.
 14. [Multi-tools](#)
 15. [Eye Drops](#)
 16. Tampons ([light](#) and [regular](#))
 17. [Maxi Pads](#)
 18. Adult diapers - [medium](#), [large](#), [x-large](#) (only 1 package of diapers per crate, to leave room for other items)

Pack all items in IRIS 27 Gallon Storage Bin. Black or Gray lids only (no red). Dimensions: 30.25"L x 20.25"W x 14.25"H. Purchase options noted below.

- [Walmart 4 pack](#) (gray lid)
- [Target 4 pack](#) (black lid)
- [Amazon 4 pack](#) (black lid)

See our [online packing instructions](#) for details on how to pack your crates.