



Disaster Services

# Disaster Services Comfort Kits

Preparing Comfort Kits is a rewarding class or school activity that gives young people the opportunity to send kits filled with hygiene and health items to families who have just suffered a **DISASTER**. The young people who fill the kits learn about caring and services, and those who receive them enjoy the useful contents and thoughtfulness of their neighbors. Preparing Comfort Kits is a tangible way of promoting friendship and understanding in our community.

Comfort Kits are given to the victims of both small and large disasters. You may not know that the American Red Cross responds 24 hour a day to provide assistance to families who have just lost everything they own due to a house fire. Whether it is a HURRICANE or a HOUSE FIRE, families suffering from these disasters need our help to begin their road to recovery. One of the very first items an American Red Cross Disaster Services Volunteer gives to a disaster victim is a Comfort Kit.

Each Comfort Kit project should have a leader who oversees the preparation of the kit and encourages the young participants to learn from the experience. The leader can be either an adult or young person.

The project leader can obtain the empty Comfort Kit bags for the Capital Area Chapter. The kit should contain a variety of new hygiene and health items chosen from the following list:

- |                       |            |          |
|-----------------------|------------|----------|
| Toothbrush            | Toothpaste | Handsoap |
| Small Pocket          | Washcloth  | Shampoo  |
| Tissues (Pocket Size) | Deodorant  | Razor    |
| Shaving Cream         |            |          |

If you are interested in helping the American Red Cross help the victims of disasters please call the Disaster Services Office of the Capital Area Chapter in Tallahassee at 878-6080 # 122.

[www.cacarc.org](http://www.cacarc.org)