



# HOST A DRIVE

## Support our LGBTQ community!

The Montrose Center identifies and works with homeless and at-risk LGBTQIA teens and young adults in the Houston area with getting off the streets and into more stable and affirming living environments. We conduct street outreach and help youth and adults with expert resources that help folks get their lives back on track. We also keep an Emergency Pantry for clients who need basic food and hygiene items. And we could use your help in creating comfort care bags for all our clients, along with first apartment kits for our young adults.

### Needs List for our Comfort Care Bags & First Apartment Kits

The following list reflects the type of items our volunteers pack in our comfort care bags and in our first apartment kits.

#### Food

- Bottled water & Fruit juice/Gatorade
- Food items - healthy and individually wrapped (food items that pack well: cereal bars, small pull-top canned goods, cheese & crackers, tuna kits, Vienna sausages, beef jerky, fruit snacks. Also, peanut butter is full of protein and lasts a long time.)

#### Clothing - New

- Restaurant wear (black and khaki slacks, white undershirts and button down shirts)
- New cotton socks
- T-shirts - different sizes
- Underwear - different sizes
- Warm scarves/knit hats/knit gloves

#### Comfort/First Apartment - New

- Pillows/sheets/towels
- Shower curtain (and rings to hold it up)
- Trash can/liners
- Cleaning Supplies
- Cooking supplies & Dish soap/sponges

#### Comfort/Hygiene - New

- Hand warmers/Bandana coolers
- Toothbrush/ Toothpaste/Floss
- Tampons and pads
- Sunscreen/Lotion
- Toilet Paper
- Deodorant
- Lip Balm
- Shampoo & Conditioner or All-in-One
- Comb/Hairbrush
- Individual packets of laundry soap
- Facial tissues (individual packs)
- Anti-bacterial wipes
- Disposable razors
- Q-tips
- Harm reduction supplies (condoms, lube bleach, individual alcohol swabs, individual antibiotic ointment, clothespins)

#### Other

- Sturdy new/used backpacks
- Clear "treat" bags or gallon & quart size zip lock bags

*We use zip lock bags to pack items such as soap and toothbrushes. This way, the items can be kept and re-used.*

Contact Atlantis Narcisse at 713-800-0895 or [volunteer@montrosecenter.org](mailto:volunteer@montrosecenter.org) for more information about conducting a drive or volunteering with the Montrose Center.