



### **Prado Breakfast Items Needed:**

Breakfast Cereal  
Instant Oatmeal  
Tea, Coffee and Coffee Creamer  
Dried Fruit - Raisins  
Energy Bars  
Trail Mix or Nuts in Small Packages  
Fresh Whole Milk  
Paper Plates, Bowls, Coffee Cups & Plastic Utensils

### **Everyday Items:**

#### Toiletry and Personal Items:

- Travel Size Shampoo and Conditioner
- Travel Size Body Soap or Shower Gel
- Toothpaste
- Deodorant
- Razors

White T-shirts

Men's White Socks

New Men's and Ladies Underwear

Sleeping Bags

Rain Poncho's

There are many volunteer opportunities as well, such as:

Providing a Meal

Helping Prepare a Meal

Serving a Meal

*Thank you for your support!*