

# Creating Care Kits



## Instructions for Assembling Care Kits

Care kits are a great way for groups of all sizes and ages to get involved and support Ronald McDonald House guest families. The families we serve are often running between doctor appointments, hospital visits and travel to and from the Houses. Care kits provide essential items that make it easier for them to have what they need to stay close by their child's side.

### Packing Essentials

- Place items in a clear plastic zip-top storage bag so contents are visible.
- All items must be pre-packaged or store-bought.

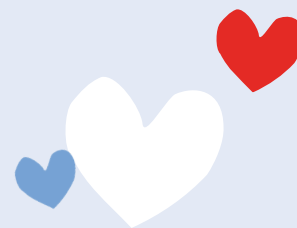
### Helpful Tip

Feel free to include encouraging messages or cards in the packs. (We've included some cards for you to color and use in this packet.) Because we serve families of many different backgrounds, please ensure messages are not religious in nature and are appropriate for any family member.

### Delivering Your Kits

Completed kits may be dropped off at either Ronald McDonald House location. Please coordinate a delivery date and time with the contact person at the location you choose.

Chapel Hill: email [Nikki@rmhctriangle.org](mailto:Nikki@rmhctriangle.org)  
Durham: email [Clay@rmhctriangle.org](mailto:Clay@rmhctriangle.org)



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# Self Care Kits



## Caring for the Caregivers

Families staying at the Ronald McDonald House or visiting the Family Room are focused on supporting their hospitalized children through challenging times, often neglecting their own needs. To help nurture their well-being, volunteer-created Self Care Kits offer a moment of relaxation and personal care during their child's hospital stay.

### Self Care Kit Guidelines

- Each Self Care Kit should include 3-5 of the items listed (or similar self-care items).
- Place items in a clear plastic zip-top storage bag so contents are visible.
- Please do NOT include any food items or homemade beauty items.



### Suggested Self-Care Items

- \$5 coffee gift card
- Pair of cozy socks
- Herbal tea with mug
- Lotion/Hand sanitizer
- Sheet face mask or eye mask
- Hair scrunchies
- Lip balm/chapstick
- Bath/shower bomb
- Small pack of tissues
- Disinfecting wipes - travel size pack
- Nail paint stickers or manicure set
- Stress ball
- Reusable water bottle
- Journal or small notebook with pen
- Activity/puzzle/word search book
- Playing cards or Dominos or card game
- Tide to-go-Pen



# Snack Packs



## Snack Packs for Families on the Go

Families who utilize Ronald McDonald House are constantly on the go. A small bag of snacks are a welcome boost that caregivers can take to the hospital to help with long days.

### Snack Pack Guidelines

- Each snack pack should include 3-5 individually pre-packaged snack items.
- Place items in a clear plastic zip-top storage bag so contents are visible.
- All items must be individually wrapped.
- Please do NOT include any beverages
- Please do NOT include any homemade items.



### Popular Snack Items

Need suggestions? Here are some of the most popular snack items.

#### Salty:

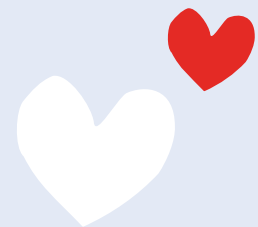
- Chips
- Crackers (individual pack)
- Pretzels
- Popcorn

#### Hearty:

- Raisins
- Trail Mix
- Beef Jerky
- Nuts

#### Sweet:

- Granola Bar
- Cookies
- Mini Muffins
- Fruit Snacks



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# Toiletry Kits



## Little Comforts Make a Difference

When parents or caregivers have to travel far from home to stay near their hospitalized child, often at a moment's notice, simple things like toothbrushes, shampoo or hand lotion are often forgotten. But these items make a huge difference in helping parents feel refreshed and ready to face the day during their child's hospital stay.

### Toiletry Kit Guidelines

- Each Toiletry Kit should include at least 3 of the suggested travel sized items.
- Place items in a clear plastic zip-top storage bag so contents are visible.
- All items must be pre-packaged or store-bought
- Homemade beauty items may NOT be included.



### Suggested Toiletry Items

- Toothbrush (individually packaged)
- Toothpaste
- Dental floss
- Body wash or travel size bar soap
- Travel size Shampoo and Conditioner
- Dry Shampoo
- Deodorant
- Lip balm/chapstick
- Small pack of tissues
- Body lotion
- Hand sanitizer
- Mini loofah/bath pouf
- Individually wrapped disposable razor/mini shaving cream



# Activity Kits



## A Welcome Distraction

Art and craft activity kits provide much needed distraction and comfort for families staying at the Ronald McDonald House.

### Activity Kit Guidelines

- Each activity kit must be complete and include all needed supplies for the activities.
- Each kit should include 2-3 of the suggested items.
- Each kit should be individually packaged in clear plastic storage bag.
- Clearly label each kit with the age group/type of kit
- Please do NOT include any food or beverages in activity kits.

### Preschool Kits

- Coloring or activity book with crayons
- Stickers with pad or sticker book
- Watercolor paints and coloring book
- Sidewalk chalk
- Small single package of air dry clay
- Rainbow scratch paper set
- Individually packaged craft kit

### Elementary Kits

- Coloring or activity book with crayons or colored pencils
- Watercolor set and painting pad
- Materials to make bracelets (precut string, beads, letter beads, etc)
- Sidewalk chalk
- Single package of air dry clay
- Individually packaged craft kit

### Teen/Adult Kits

- Adult coloring book with colored pencils
- Watercolor set and painting pad
- Diamond paint kit
- Materials to make bracelets
- Embroidery/crochet craft kit
- Word Search/Crossword Puzzle book
- Small puzzle, playing cards

### Family Game Night Kits

- One board game
- Classical card game (ie Uno or playing cards)
- Family friendly activities



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# Refresh Kits



## Cleanliness Provides a Refreshing Reset

Families staying at the Ronald McDonald House need the household basics to ensure they always feel fresh and ready to focus on what matters most - their children. To help nurture the families' well-being, volunteer-created Refresh Kits provide families with much-needed essentials to give them care, comfort, and peace of mind.

### Refresh Kit Guidelines

- Each Refresh Kit should include at least 3 of the suggested items.
- All items must be new and unopened.
- Place the contents of each kit in a clear plastic bag or plastic laundry basket.



### Suggested Refresh Items

- Bottle of laundry detergent or container of laundry detergent pods
- Package of dryer sheets
- Bottle of laundry stain remover or Tide to-go-Pen
- Pump bottle of hand soap
- Box of drawstring garbage bags
- Roll of paper towels
- Box of tissues
- Container of disinfecting wipes
- Disinfecting spray/all purpose cleaner



# Note Cards



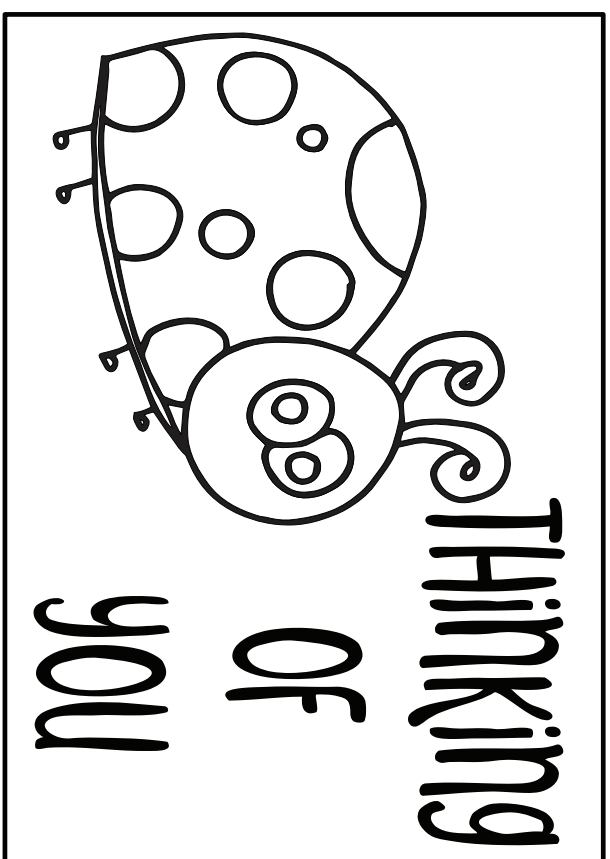
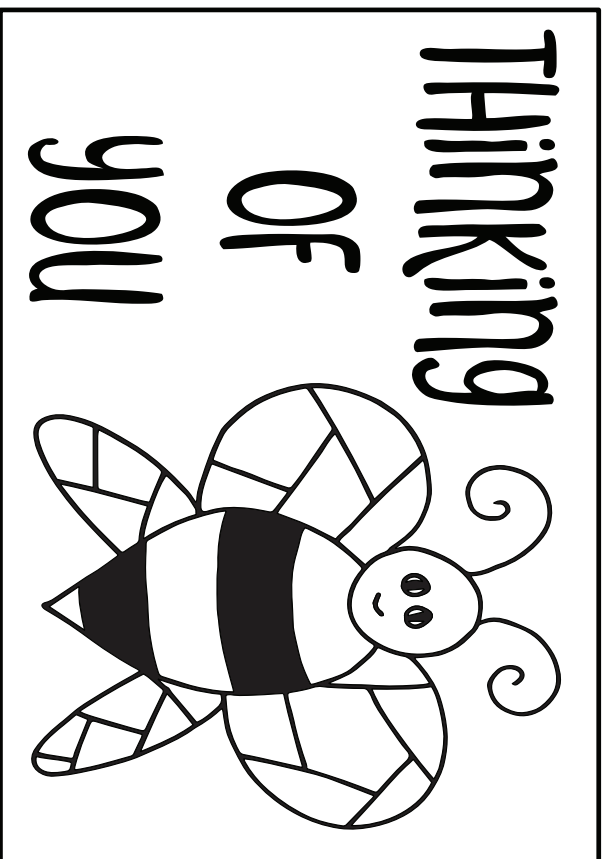
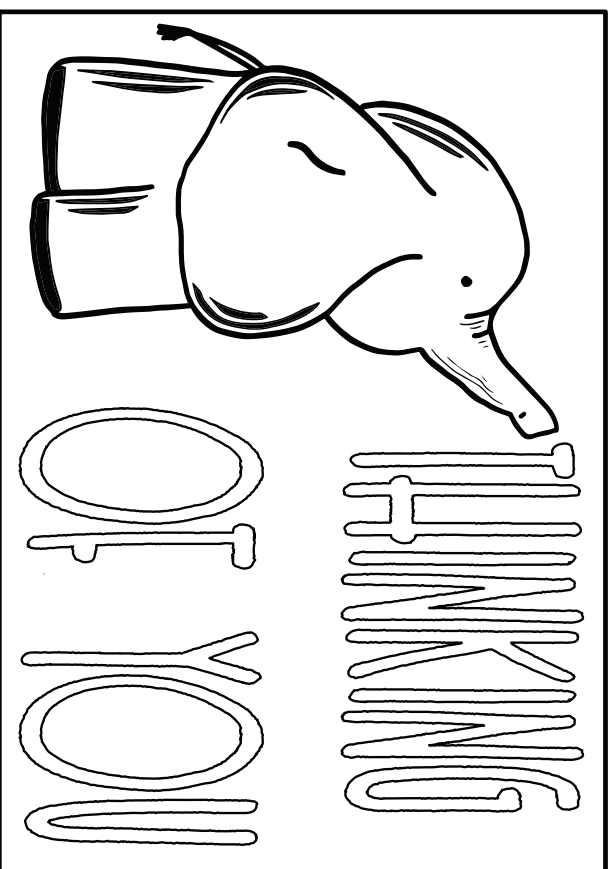
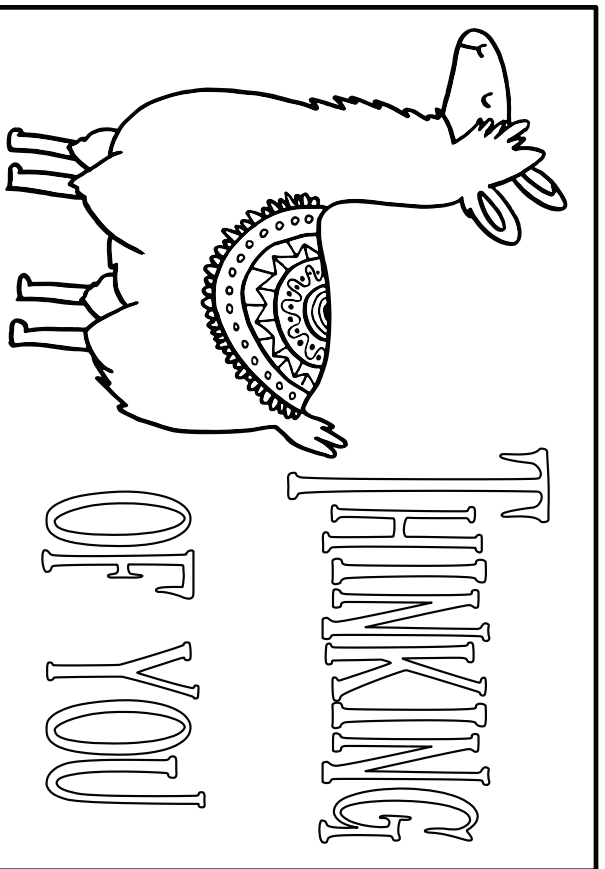
## Spread Some Cheer

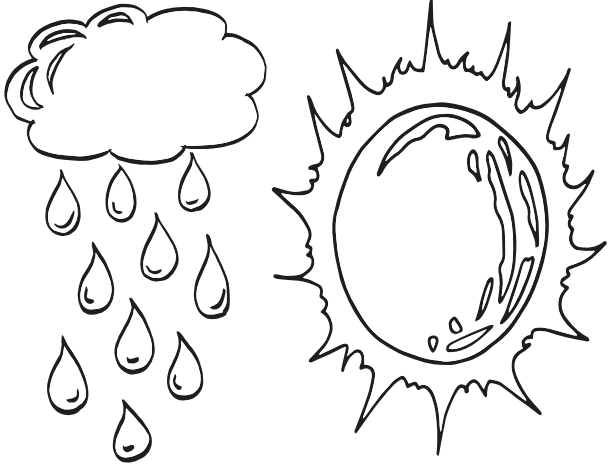


Let families know you are thinking of them. A word of encouragement goes a long way. We have provided some printable note cards to personalize and color to include with the care kits you make.



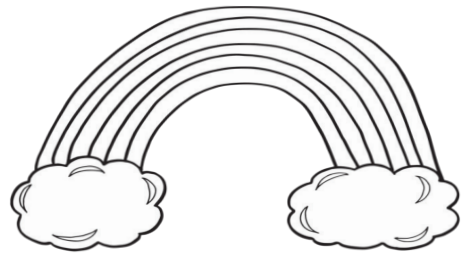
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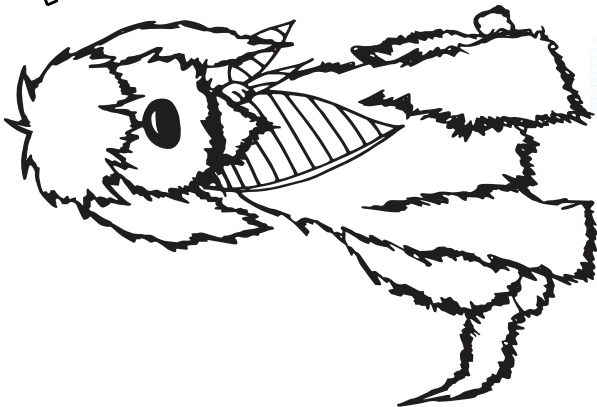
IT TAKES  
SUN & RAIN  
TO MAKE A  
RAINBOW

YOU  
ARE  
MY  
Rainbow



TRY TO BE A  
RAINBOW  
IN SOMEONE'S  
CLOUD.

- MAMA  
ANGELOU



SOMEDAY  
WE'LL FIND IT  
THE RAINBOW  
CONNECTION  
THE LOVERS  
THE DREAMERS  
& ME

- KERMIT THE FROG

