

## TOILETRIES

Soap & Body Wash  
Shampoo & Conditioner  
Body Lotion  
Toothbrushes & Toothpaste  
Mouthwash (Without Alcohol)  
Deodorant  
Razors  
Facial Tissues  
Menstrual Hygiene Products (pads)

## OTC MEDICINE *(individual packets)*

Asprin  
Acetamenaphine (Tylenol)  
Anti-acids (Peptid)  
Ibuprofen (Advil)  
Naproxen Sodium (Aleve)  
Cough Drops  
Cough & Cold Medicines (Without Alcohol)  
Allergy Medicines  
Peroxide/Alcohol

## BABY ITEMS

Powder  
Wipes  
Formula (Powder Good Start)  
Diapers (all sizes 2, 3, 4, 5, 6)  
Pull-Ups (all sizes)

## MISCELLANEOUS ITEMS

Bath Towels  
Wash Cloths  
Twin XL Bed Sheets  
Q-Tips  
Plastic Bottles of Water (cases)

## MEN'S CLOTHING NEEDS

Underwear (all sizes)  
Socks  
T-shirts  
Long-sleeve T-Shirts  
Shorts  
Work Pants (32" and up)  
Blue Jeans (28-44)  
2X-5X Clothing  
Belts  
Tennis Shoes (9 to 14)  
Work Boots (9 to 14)

## WOMEN'S CLOTHING NEEDS

Underwear (all sizes)  
Socks  
T-shirts  
Shorts  
Dress Pants  
Blue Jeans  
2X-5X Clothing  
Tennis Shoes



Scan this QR code or visit the link below for a quick and easy way to send much-needed items to Nashville Rescue Mission.



<https://a.co/bYZRixS>

*Items highlighted in yellow are urgently needed.*