

Gemma  
Volunteers Group  
Supporting The Gemini Project - Charity No. 293232

**GEMMA PROJECT:** GemPacs

Live Date: 7th October 2010

List Update: 4 Dec 2012

Aim: To providing an Emergency Pack containing 3 days of basic supplies to each adult & child fleeing domestic abuse in North Somerset

Contents of each GemPac:

	Female	Male	Child
<b>Toiletries</b>			
Shampoo	x	x	
Conditioner			x
Shower Gel	x	x	x
Toothpaste	x	x	
Toothbrush	x	x	x
Deodorant	x	x	
Shaving Gel		x	
Razor	x	x	
Face flannel	x	x	x
Hairbrush/comb	x	x	
Sanitary items	x		
Washing Tablets for clothes	x	x	x
Toilet Roll	x	x	x
Wet Ones tissues			x
Tissues	x	x	
<b>Tin Food</b>			
Tomatoes	x	x	x
Baked Beans/spaghetti	x	x	x
Meat	x	x	
Vegetables - peas; carrots; potatoes	x	x	x
Soup	x	x	x
<b>Dry Food</b>			
Packet of Smash	x	x	x
Packet Pasta or Rice	x	x	x
Cuppa Soups	x	x	
Noodles			x
Jar of sauce (bolognese/curry)	x	x	
Kids Cereals (single servings)			x
Packet of biscuits	x	x	
Sugar	x	x	
<b>Drinks</b>			
Squash Drink			x
Coffee	x	x	
Tea Bags	x	x	
UHT Milk	x	x	x
<b>Other Items:</b>			
Wash bag for toiletries	x	x	
Plastic Doc Wallet	x	x	
Pen	x	x	
Note pad	x	x	
Adult bag for Life to contain items	x	x	
Child bag for life			x

KEY:



= Essential items

= Desirable items

= Bonus if donated