

Information provided by [www.midnightrun.org](http://www.midnightrun.org)



**Midnight Run is a volunteer organization dedicated to finding common ground between the housed and the homeless.**

Midnight Run volunteers from churches, synagogues, schools and other civic groups distribute food, clothing, blankets and personal care items to the homeless poor on the streets of New Haven. The late-night relief efforts create a forum for trust, sharing, understanding and affection. That human exchange, rather than the exchange of goods, is the essence of the Midnight Run mission.

Midnight Run is not a solution to homelessness. Our goal is to forge a bond between housed and homeless people by establishing a foundation of sharing and caring from which solutions may evolve. Through Midnight Run, volunteers come to see the homeless as real people, not a commodity. And homeless men and women learn that many mainstream adults and teenagers have commitments and concerns that go beyond their own lives and families.

## CLOTHING

Here's what you should collect and sort for a typical run, with the most essential items at the top (the priority of items changes with the season; this list applies to winter runs):

**Warm coats.** Large and extra large sizes, as even small men and women like to layer. Dark colors are preferred.

**Durable pants.** Again, large sizes are preferred, but sort into waist sizes between 32 and 40 and above, with inseam size marked. Blue jeans are preferred over khakis. Mostly men's sizes, but bring five or so pairs of women's pants as well.

**Socks.** Tube socks, rolled in pairs. White or dark.

**Underpants.** Jockey style. Sizes 32 through 42. Bring a few pairs of women's briefs as well.

**Sweaters, sweatshirts and long-sleeve shirts.** Large and extra large. Dark colors preferred. Hooded sweatshirts are especially useful.

**T-shirts.** Medium through extra large. Any color.

**Hats.** Knit and warm for winter. Baseball caps for summer.

**Gloves.** Ski gloves clipped in pairs or knit gloves rolled together. Dark colors.

**Shoes.** Sizes 9 through 12 and above. Lightly worn sneakers or athletic shoes (no spikes), soft-soled shoes and work boots are preferred.

**Long underwear.** Large sizes. Any color.

**Belts.**

**Backpacks.** Not essential, but coveted by folks on the street.

## FOOD

Here's what you'll need to prepare and bring:

- **Bag meals.**

These should include:

- **A hearty sandwich.**
- **Fruit.** Something durable like an orange or banana. Apples are okay in some meals, but hard for those with missing teeth to eat. Individual fruit cups are okay (with spoon).
- **A hard-boiled egg** or a high protein equivalent.
- **A juice box.**
- **A dessert or two.** Granola bars are fine, and sweet things—such as cookies, candy bars and brownies—are much appreciated.

**Bottled water.**