



Freedom Bags

As women come in to Call to Freedom's ministry, often with no possessions, they can receive a gift: instantly helpful items contained in a **Freedom Bag**. They are immediately shown love and support as they begin to transition out of the lifestyle of exploitation and abuse. When a person is referred and comes into Call to Freedom's program, they are treated with the dignity and the honor they deserve.

Here's how to put together a Freedom Bag:

For a **woman's bag**, please choose a tote bag/zipper bag/backpack that has strong handles and could hold a number of items. Use the list below to fill the bag. Please choose a size of L, XL, 2XL or 3XL for the clothing items.

- T-shirt
- Long, stretchy yoga-type pants
- Light jacket or sweatshirt (optional)
- A pair of underwear, socks, and a sports bra
- Full size shampoo & conditioner, hair styling products (no aerosol cans), deodorant, full size toothpaste/toothbrush, full size body lotion, razor, hair ponies, comb/pick, lip balm.
- Optional: personal touches like a wallet (perhaps including a gift card to purchase other necessities), journal, book, or water bottle.

Once you have a Freedom Bag put together, please reach out to Call to Freedom at communityengagement@calltofreedom.org or call 605-799-6153 and we will make arrangements for drop off or pick up.

Thank you!
Call to Freedom