



Adopt Change MyPack first-night backpacks

MyPack is an Adopt Change initiative to provide first-night packs for children entering the foster care system, who sometimes enter care with nothing more than the clothes they are wearing. The backpacks include first night items such as a soft toy, hand-knitted blanket, pyjamas, underwear, toothbrush and toothpaste, water bottle, colouring book/pad and a pencil case with textas.

If you'd like to support Adopt Change to continue with our work, you can:

1. **Donate financially** via our website [Donations](#) page. All financial support is greatly appreciated.
2. **Knit blankets** to include in the packs to assist with adding a touch of handmade care to the pack. To fit in the backpacks they are around 1 metre by **1 metre in size. 8ply is recommended.**
3. **Donate new items** for the packs including pjs, toothbrushes, colouring books, backpacks, and other items. Please contact us to find out what our current needs are for these items prior to purchasing these.

You can contact us about the packs at enquiries@adoptchange.org.au to donate knitted blankets, or for enquiries relating to provision of packs for your department / agency.

Postage details:

PO Box 595 Dulwich Hill, NSW 2203

To find out more about our organisation, go to www.adoptchange.org.au/mypack/

ADOPT CHANGE LIMITED

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