



CHECKLIST FOR BLESSING BAGS

NECESSITIES:

- GALLON SIZE ZIPLOC BAG
- HAND-WARMERS
- BAG OF QUARTERS
- BOTTLE OF WATER
- BAND-AIDS
- BABY WIPES
- HAND SANITIZER
- WASH CLOTH
- FIRST AID KIT (TRAVEL-SIZED)

TOILETRIES:

- TOOTHBRUSH
- TOOTHPASTE
- FLOSS
- SOAP
- DEODORANT
- SHAMPOO/CONDITIONER
- COMB
- PERSONAL HYGIENE ITEMS FOR WOMEN
- SUNSCREEN
- CHAPSTICK

PERSONAL ITEMS:

- NEW SOCKS
- NEW UNDERWEAR
- INEXPENSIVE GLOVES

NOTES:

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NON-PERISHABLE FOODS:

- INSTANT OATMEAL PACKS
- GRANOLA BARS
- ENERGY BARS
- TUNA/CRACKER PACKS
- TRAIL MIX
- RAISINS
- PEANUTS
- FRUIT/ APPLESAUCE (WITH SPOON)
- GUM/HARD CANDY
- HOT COCOA/SPICED CIDER MIXES
- ON-THE-GO COFFEE MIXES
- TEA PACKETS
- BEEF JERKY STICKS

EXTRAS:

- NOTE OF ENCOURAGEMENT
- LIST OF LOCAL RESOURCES
- PREPAID PHONE CARD
- GROCERY STORE GIFT CARD

**Travel size toiletries work great*

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