

LIST OF ITEMS YOU CAN INCLUDE IN A BAG

Personal Care

Toothbrush/ toothpaste

Hair brush

Shampoo/ conditioner

Bar soap

Multi-purpose wipes

Tissues

Chapstick

Socks

Food

Soup

Crackers

Bottled Water

Granola Bar

Fruit Cups

Trail Mix

Beef Jerky

Just because an item isn't on the list doesn't mean it isn't needed.

Not having to worry about basic supplies can relieve

a lot of stress from a difficult situation.



