



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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