# 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)

## Extras
- [ ] Note of encouragement
- [ ] List of local resources
- [ ] Prepaid phone card
- [ ] Grocery store gift card

## 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

## Toiletries
- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Floss
- [ ] Soap
- [ ] Deodorant
- [ ] Shampoo / conditioner
- [ ] Comb
- [ ] Personal hygiene items for women
- [ ] Sunscreen
- [ ] Chapstick

## Personal Items
- [ ] Towels (bath & washcloth)
- [ ] Biodegradable Toilet Paper
- [ ] Toothpaste / Toothbrush / Floss
- [ ] Soap
- [ ] Shampoo
- [ ] Deodorant
- [ ] Brush / comb / hair elastic bands / etc
- [ ] Face & body care
- [ ] Feminine products
- [ ] Contact Lens supplies
- [ ] Medications

## Notes

* Travel size toiletries work great
You matter. You are not forgotten.

Cast all your anxiety on Him because He cares for you.
1 Peter 5:7

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