

Suggested Items

- **Hygiene**

Antibiotic Ointment
Chapstick/lip balm/Carmex
Sunscreen (Bull Frog is good)
Bug Repellent (with deet)
Face cleaner
Eye drops/Saline
Liquid hand sanitizer/Baby wipes
Foot/body powder (Gold Bond)
Deodorant
Shampoo/Conditioner
Tooth Brush/Toothpaste
Nose spray/nose drops
Hand/Body Lotion
Band-aids, Mole Skin
Soap
Mouth Wash (no alcohol can be in this)
Nail Clippers
Dental Floss
Tums/Rolaids
Tylenol/Aspirin
Q-Tips

- **Food**

Single serving pasta
Ready to heat soups
Lunchables
Ramen Noodles
Powdered Power-aide/Gator-aide or sweetened Kool-aide/Tang
Granola bars/Cereal Bars
Fruit Roll-ups
Raisins
Beef Jerky (no pork)
Applesauce
Fruit/Pudding Cups
Hot or Dry Cereal (individual servings)
Chex Mix
Tuna Kits
Coffee; Tea Bags; Hot Chocolate
Sugar/Creamer
Dried Fruit
Instant Soup

- **Snacks**

Hard Candy (no chocolate-it melts)
Trail/Snack Mix

Chips/Cookies/Crackers/Microwave Popcorn/Pretzels
Pop Tarts
Licorice
Sunflower seeds
Aqua drops
Gum
Peanuts in a shell
Rice Kristy Treats
Snack Cakes
Jelly Beans

- **Misc.**

Condiments (salt/pepper/sugar/coffee supplies)
Lemonade mix/Ice Tea mix (individual packets)
Cough drops
Stationery/envelopes/stamps/pens
Dice/travel games
Individual instant coffee bags
Books/magazines
Tylenol, Ibuprofen & Allergy medicine
Zipper Ziploc bags - small & large
Instant cameras
RainX
Small sewing kits
Mini Flashlight
Travel Games
Puzzle Books
Stress Balls
Paperback Books (novels)

Sending Shampoo, and other spillable items: Place anything that could spill (shampoo, cologne) inside a Zip Lock bag, just in case it decides to open up on the trip there.

- **Just for Fun**

Stress Balls; Squirt Guns; Yo-Yo's
Disposable Cameras
Small Stuffed Animals
Frisbees; Dart Board; Lego's
Puzzles; Comics
Play Doh; Balloons; Slinky
Sidewalk Chalk; Foam Footballs (miniature size)
Postcards from your area