

Care Package Items

FOOD

Electrolyte packets

Water Flavor packets

Protein Bars

Granola Bars

Beef Jerky/Sticks

Gum

Candy (that won't melt)

Sunflower Seeds

Trail Mix

Mints/Gum

Condiment packets

Crackers

Cookies

Chips

Cereal

Dried Fruit

Tuna Packets

TOILETRIES

Travel Size Items

Soap/Body Wash

Face Wash

Shampoo/Conditioner
Toothpaste/Toothbrush

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Floss

Mouthwash

Deodorant (non-aerosol)

Lotion

Lip Balm

Foot Powder

Wipes

Sunscreen

Insect Repellant (non-

aerosol)

Hand Sanitizer

Pain-relief cream

Vicks VapoRub

Cotton Swabs

Feminine Hygiene products

Eye Drops

Razors

Shaving Cream (non-aerosol)

CLOTHING

Socks

T-shirt Packs

Underwear Packs

ENTERTAINMENT

Magazines

Playing Cards

Puzzles

Puzzle Books

Frisbees

MISC.

Sunglasses

Sewing Kits

Envelopes/Paper

Pens/Pencils

Stamps

Bandanas

Lens Cleaning Cloths/Wipes

3M Wall Hooks