

## FOOD

Energy/Protein Bars/Granola Bars/Cereal Bars  
Fiddle Faddle  
Chex Mix/Trail Mix  
Chips in Containers Like Pringles  
Cheetos/Fritos  
Beef Jerky/Slim Jims  
Peanut Butter/Jelly  
Nuts  
Pudding Cups  
Salsa  
Gum/Hard Candy  
Sunflower Seeds/Pumpkin Seeds  
Microwave Food (Popcorn, Mac & Cheese)  
Cheese Spread  
Crackers/Cheez Its/Wheat Thins  
Hard Pretzels  
Dried Fruit/Canned Fruit/Fruit Snacks/Fruit Roll Ups  
Cookies  
Tuna (In Foil)  
Cereal (In Individual Packs)  
Rice Krispie Treats  
Pop Tarts

## SQUEAKY CLEAN

Shampoo/Conditioner  
Razors/Shaving Gel Or Cream/After Shave  
Toothbrush/Toothpaste/Dental Floss  
Deodorant/Anti-Perspirant  
Qtips/Cotton Balls  
Nail Clippers/Nail File  
Body Wash/Facial Soap  
Mouthwash  
Loofah/Waashcloths

## LINENS

Blankets  
Sheets (Twin-Size)  
Pillow Cases  
Towels

## FIRST AID

Antacids  
Sinus Meds  
Eye Drops  
Cold Meds  
Advil or Tylenol  
Cough Drops  
Band-aids  
Bandage Wraps  
Nasal Spray  
Vicks Vapor Rub  
Vitamins  
Anti-Itch Cream

## FOR FLAVOR

Hot Sauce (Taco Bell Packets)  
Seasoned Salt  
Ketchup  
Mustard  
Sugar  
Relish

## ELECTRONICS

Batteries  
DVD's  
Flash Drive/Hard Drive With Music/  
Movies/Pictures  
Hand-Held Electronic Games  
Headphones

## FROM HOME

Letters/Cards  
Videos/Pictures  
Flash Drives  
Scrapbooks

## CLOTHING

T-Shirts  
Socks  
Gloves  
Sunglasses  
Underwear  
Hand and Foot Warmers

## TOILETRIES

Sunscreen  
Hand Sanitizer  
Chapstick/Lip Balm  
Lotion/Moisturizer  
Baby Wipes/Kleenex  
Anti-Bacterial Wipes  
Body Powder  
Insect Repellent  
Foot Powder/Foot Inserts  
Feminine Hygiene Products  
Combs/Brushes/Bobby Pins/  
Hair Ties

## ADD WATER

Instant Oatmeal  
Ramen Noodles  
Hot Chocolate  
Instant Coffee/Creamer  
Tea Bags

## GAMES

Hackey Sacks/Frisbee/Yo-Yos  
Fooball/Nerf Balls/Sports Equipment  
Playing Cards/Poker Chips/Dice  
Dominoes  
Model Toy Sets

## OTHER

Phone Cards  
Alarm Clocks (Battery/  
Wind-Up)  
Flash Lights  
Air Fresheners  
Small Tool Kits

## TO READ

Magazines  
Books  
Word/Math Puzzle Books  
Comic Books  
Religious Materials