

## 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  
Cereal (individual servings)  
Chex Mix  
Tuna Kits

### Snacks

Hard Candy (no chocolate-it melts)  
Snack Mix  
Chips/Cookies/Crackers/Pretzels  
Microwave Popcorn  
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)

\*\*\*Please note: Place anything that could spill (shampoo, cologne, etc.) inside a Zip Lock bag, just in case it decides to open up on the trip there.\*\*\*