

Blessing Bag Suggestions

Gallon size ziplock bags

Gloves

Wool or thermal socks

Toiletries

Band-aids (including big ones for blisters)

Vit. C drops/packets

Lip balm/chapstick

Lotion

Sunscreen

Tissues

Toothpaste

Wet wipes

Nail clippers

Comb

Hand warmers

Wash cloth

Feminine hygiene products

Food

Plasticware or spork

Beef jerky

Breakfast or energy bars

Snack cups/applesauce

Peanut butter crackers

raisins/dried fruit

tuna/chicken and cracker kits

Small cans (fruit, stew, soup) with pull tops

Chocolate

mints/Life Savers

water