

Ideas of things to include in Care Bags

Toiletries

- Baby wipes/ body wipes
- Travel toothbrush & toothpaste
- Lotion
- Chapstick
- Brush or comb
- Dry Shampoo
- Menstrual Pads or tampons
- Deodorant

Misc.

- Hand, feet and body warmers
- Travel mug (for refills)
- Hats
- Gloves
- Socks
- Thermals (shirt & pants) S, M or L
- Small first aid kit
- Tissues
- Small Blanket
- Umbrella and or poncho
- Calendar/Pen
- Mints, cough drops or gum
- Granola Bar or Protein Bar
- Fruit snack
- Note of encouragement

