

## Things to include:

- Water Bottles or Sports Drinks
- Packaged snacks like Clif Bars, fruit snacks, granola bars, crackers
- Toiletries like mini deodorants, soap, toothpaste, toothbrush
- Chapstick
- Hand sanitizer
- Cup of soup, tuna & crackers or beef jerky
- Applesauce with spoon
- Mittens/Gloves/Scarf/Hat/Thick socks
- Travel packs of tissues/napkins

