

Baby Goods

- Diapers! Diapers! Diapers!
- Wet wipes! --- and more Wet wipes! (refill packages rather than the bulky plastic containers)
- Bottled baby food in Ziplock (gal. size) bags
- Baby cereal

First Aid Supplies

- Band-aids of all sizes, gauze, tape, etc.
- Hydrogen peroxide, Alcohol, Anti-fungus, Anti-bacterial, etc.
- Diaper rash ointment!!
- Baby powder
- Aspirin, Tylenol, etc.
- Elastic wraps, slings, etc.
- Sunscreen
- Insect repellent
- Anything else you can think of

Ziplock bags (gal. size or larger) family hygiene kits

(a Dollar Store is a good suggestion for this)

One full-size toothpaste

- 4 toothbrushes
- Individually wrapped bar of soap
- Plastic bottle of shampoo (not TOO large or it won't fit)
- Plastic bottle of conditioner (not TOO large or it won't fit)
- Deodorant
- 1 woman's and 1 man's razor
- Shaving cream (not TOO large or it won't fit)
- High-level Sunscreen

Ziplock bags (gal. size) individual meals

(all food must be in a can – pop-top cans are a good idea, but not a requirement)

- Can of something for main item (ravioli, chili, Beanie Weenies, etc.)
- Can of fruit (small snack size)
- Can of snack-size pudding or dessert
- Can of drink
- Napkin, plastic fork, knife, and spoon
- Individually packaged mint or stick of gum

Other Necessities

- Toilet Paper
- Flashlights with extra batteries
- Candles with matches
- Packages of large trash bags
- Feminine pads or tampons with packages of wet wipes (refill packages)

Fun extras

- Small new stuffed animals
- Some special gift boxes for special women (Dollar Store)
 - Suggestions: body spray, scented candle, lotion, hard candy (unfortunately chocolate melts) with a card saying something like, "You're special, God sees you, God knows you, God cares, He's Listening, or Call on Him"
- Camping equipment is really needed. If you find such things at garage sales or Thrift Shops...GET IT!!