

**FOOD ITEMS**

- Coffee (instant)
- Powder drink mix (Gatorade, Kool-aid, Crystal Light)
- Sunflower seeds and Pumpkin seeds
- Tuna and chicken salad (in foil pouches, NO CANS)
- Protein powder and protein bars
- Hot chocolate packets
- Herbal teas
- Gum
- Hard candy
- Granola bars/power bars/cereal bars
- Dry soup (Ramen Noodles/ Cup-O-Soup; just add water)
- Nuts (peanuts, mixed nuts)
- Microwave food (popcorn, chef-Boy-R-Dee, Mac'n' cheese)
- Rice Krispie Treats (store bought)
- Oatmeal packs (instant: just add water)
- Condiments, spices (sugar, salad dressing - NO GLASS JARS)
- Pudding cups
- Canned fruit (with pull open tops)
- Soups
- Poptarts
- Fruit roll ups
- Seasoning mixes

**TOILETRIES and SUCH**

- Baby wipes (soft containers)
- Hand sanitizers
- Body wash; liquid soap; facial cleanser
- Shampoo/conditioner
- Hair gel
- Combs/brushes
- Stick deodorant
- Razors
- Shaving cream in tubes/shaving soap (NO CANS)
- Lip balm/Chapstick/Carmex/Blistex
- Baby powder/ foot powder
- Tissues (also individual packs)
- Hand and body lotions
- Sunblock (SPF 45 or more)
- Aloe Vera Gel

**Toiletries Cont...**

- Anti itch cream (bug bites)
- Gold bond powder
- Lotrimin
- Athlete's foot powder
- Mouthwash
- Tooth brushes
- Toothpaste
- Dental floss
- Band-aids, gauze pads, ace bandages
- Icy hot or Bengay creams
- Moleskin
- Tylenol, Motrin, Advil (etc.)
- Eye Drops (i.e. Visine)
- Nasal spray
- Vitamins
- Cotton Balls
- Nail file, emery boards, nail clippers
- Loufa sponges/wash clothes
- Cough drops/lozenges
- Toilet paper
- Bug spray (lotion)

**Miscellaneous**

- White socks
- Large handkerchiefs
- Hand held air pump (to fill basketballs and such)

**Miscellaneous**

- Batteries
- Shoe Insole Cushions (gel is best)
- DVD movies
- iTunes Gift Cards
- 35 mm disposable cameras
- Computer flash drives and thumb drives
- Electronic handheld games
- Pens and mechanical pencils
- Small note pads
- Stationary and envelopes
- Double sided tape
- Game books( Crossword Puzzles/ word search/math puzzle books/Sudoku)
- Yo-Yo's
- Dominoes
- Playing cards (new)
- Poker chips; dice
- Board games
- Dart boards
- Nerf footballs
- Whiffle bats, balls
- Sports equipment
- Glad ware plastic containers
- Plastic silverware
- Ziploc bags
- Trash bags
- Stamps
- Air fresheners
- Rolls of duck tape
- Flannel PJ pants (adult L and XL)
- Flip flops (adult sizes)
- Fly paper
- Fly swatter