

# Blessing Backpack Checklist

## BASICS:

- Wool beanie {hat}
- Smart wool socks
- Gloves
- Scarf

## FOOD & DRINK

- Quality instant coffee
- Tea
- Energy drink
- Beef jerky
- Dried fruit
- Fruit leathers
- Trail mix
- Nuts
- Granola bars
- Protein powder packets
- Restaurant gift cards

## HELP THEM CONNECT

- Journal & pen
- Stationary
- Stamps
- Pre-paid phone card



## TOILETRIES

- Multi-purpose wipes
- Chapstick
- Facial wipes
- Moisturizer
- Comb
- Toothbrush & tooth paste
- Grooming kit

## SURVIVAL

- First aid kit
- Water bottle with built in filter
- Heat-pack
- Multi-purpose tool

## TREATS:

- Chocolates
- Fruit snacks
- Cookie snack packs
- Candy {individually wrapped}
- Mints
- Chewing gum

## SPLURGE:

- Starbucks gift card
- Compact reusable bag