

Goody Bag Packing List

- Small can of baked beans, Small flip top canned fruit
- Socks White Black Crew, Foot Powder
- Gum – 1 or 2 packs (placed in snack ziplock or rest of items smell and taste like the gum)
- Individual pack of tissues
- Individual Drink mix
- Small Packaged Meals, Meat Sticks
- Protein Bars/Granola Bars (suggested are bars with high protein)
- Canned Tuna Salmon Crab
- Ramen Noodles
- Hot Sauce in plastic
- Individual Packages Hot Cocoa, Oatmeal
- Dental kit – toothbrush, travel size paste, floss &/or lip balm
- Vitamins, Analgesics
- Trail Mix, Dried Cranberries
- Small Nerf Ball; Small squirt gun (water gun); Deflated beach ball; playing cards; dice; pocket game; DVD movies
- Small Notebook with pen; nail clippers; hand/foot warmers

No batteries, aerosol cans, glass

rrs 10/19