

Food Items	Toiletries	Entertainment
protein bars / individual envelopes of protein powder drinks	baby wipes - lots and lots of these- the unscented Costco brand is great	games
trail mix (large bags ok)	toothbrushes & toothpaste / travel kits work well	puzzles
dried fruit & nuts	small bottles of mouth wash	playing cards
microwave popcorn	dental floss or packages of the individual pics	small board games
tuna & chicken in foil pouches	all in one hair & body liquid cleansers - men's scents	new or gently used DVDs & CDs
breakfast bars / granola bars	travel sizes of shave cream & razors	Frisbees
gum and hard candies	shampoo & conditioners	Sudoku books
Chex Mix	bar soaps & plastic soap boxes	current magazines - we may have men & women assigned
Goldfish crackers & other snack crackers	deodorant	Drawing pads & pencils
cheese: non-perishable sticks and spreads, small blocks of Velveeta	medicated foot powders	Paperback books
beef jerky, turkey & chicken jerky, slim jims, summer sausage (NO PORK ALLOWED)	cold medications	
peanut butter & jelly in plastic jars	Advil / Aleve / Tylenol - small packets	
canned goods - need pop top lids	cough drops	
canned fruit	Q tips	
canned pudding	cotton balls	
soups - canned & dried mixes	nail clippers	
canned pastas	cotton balls	
microwaveable individual meals	antacids	
individual drink mix packets (e.g. Crystal Light)	chap sticks	
Individual packages of cookies and snacks	eye drops	
Individual packets of creamer & sugars	body powders/ baby powder	
instant coffee packets / drinks , tea & hot chocolate mixes	tweezers	
Ground coffee; include filters with larger packages		
individual mac & cheeses - basically any microwavable foods		
individual ketchups, mustard, mayo, salt & pepper packets		
instant oatmeal / hot cereals		