

Your Checklist

- Can goods like beans, soups, or tuna
- Crackers
- Peanut butter
- Dry fruits
- Individual wrapped snacks
- Fruit juices -(individual packs)
- Infant/Toddler milk, preferably NIDO)
- Water
- Disposable diapers
- Toiletries, like toothpaste, body
- Wash, toothbrushes & deodorant
- First Aid kits
- Over the counter medications, like
- Children & adult Tylenol or Advil