LOVE **in a BACKPACK**

## Backpacks for a Successful Transition

**YOU can make a difference for someone in transition.**

**Toiletries and Personal Care Items:**

* Brush and comb (or hair pick)
* Shampoo & conditioner (full size)
* Soap bar & hand sanitizer
* Lotion (and sunscreen for summer)
* Wipes
* Tissue packs
* Lip balm
* Small Flashlight
* Face Masks
* Mouthwash (non-alcohol)
* Deodorant
* Tampons and pads (regular & liners)
* Washcloth and small towel
* Soft doll or stuffed animal (small)
* Hair bands/clips/pins
* Band-Aids/First Aid Kit/Q-Tips/ Safety Pins
* Rain Ponchos (that fold-up small)
* Emergency Space Blanket
* Toiletries for Men also

* Water bottle
* Small cans with pop tops
* Nuts/seeds/trail mix
* Dried fruit
* Granola bars

### Reading, Writing, Reflection:

* Bags of candy, gum, lozenges (no chocolate that can melt - Tootsie Rolls are great)
* Cookie packets
* Cereal packets
* Crackers (plain, or peanut butter, or cheese filled - multiple small packs
* Small cans with pop tops
* Jerky
* Book (pleasure reading - inspiring and uplifting)
* Blank journal Financial donations also welcome