

Emergency Backpack for Survivor: Contents List

Note: Please choose male or female, consistent sized clothing (small, med, large or XL) and pack the items in a large, sturdy backpack. Tape a label on the backpack with the gender, size, and list of contents.

- Towel & washcloth
- Brush and comb
- Mirror
- Hand Lotion
- Facial soap
- Body wash or bar soap in plastic box
- At least 2 disposable razors
- Toothbrush and toothpaste
- Shampoo and conditioner
- Sweat pants
- Sweatshirt
- 2 pairs of warm socks
- Large t-shirt to sleep in
- Small notebook or journal and pen
- Small wall calendar
- Female - Sanitary Napkins
- Handwritten note of encouragement

Optional Extras:

- Personal fleece blanket/throw
- Make-up bag or dip kit
- Snacks (granola bars, peanut butter and crackers, gum, etc.)
- Deck of cards or other personal game
- Sudoku or puzzle book
- Adult coloring book & colored pens or pencils
- Silly putty or stress ball