



# Blessing Bag Suggestions



Bottled water

Travel size toiletries (shampoo, toothpaste, lotion, deodorant, comb)

Washcloth

Socks

Sunscreen

Plastic utensils: forks/spoons

Napkins or Baby wipes

Chap-stick

Packaged snacks: trail mix, nuts, seeds

Peanut butter crackers

Box of raisins or dried fruit

Juice boxes

Apple sauce or Fruit cups

Granola bars

Power bars

Canned tuna, Vienna sausage, or stew

Hard candies or mints

Beef or turkey jerky

Non-perishable foods: cans need pull top,  
not one that needs a can opener

Place items in a gallon  
zip-lock bag