



## **BackPack List**

### **Mandatory Items**

#### **Clothes**

**Backpack**  
**Socks**  
**Sun Glasses**

#### **Survival**

**Flashlight**  
**First aid Kit**  
**Paper pad, pen, Magic Marker**  
**Hair ties**  
**Duct tape, small roll**  
**Safety pins**

#### **Hygiene**

**Washcloth**  
**Toothbrush**  
**Toothpaste**  
**Deodorant**  
**Soap (bar)**  
**Shampoo**  
**Razors (disposable)**  
**Hairbrush**  
**Toilet paper**

#### **Food**

**Plastic spoons, forks, knives**  
**Can opener**  
**Canned chili**  
**Peanut butter, large**  
**Canned chicken**  
**Vienna sausage**  
**Apple sauce or fruit cups**  
**crackers (Saltine or Ritz)**  
**Raisins**  
**Granola bars**  
**Juice box**

**Bottle water**

#### **Bonus Items**

**Beanie/Baseball cap**  
**Playing Cards**  
**Nail Clippers**  
**Laundry Soap (sm bottle)**  
**Hand sanitizer**