Personal Care Kits – Shopping List

- ☐ 2x large Candles
- ☐ 1x box Matches
- ☐ 2x Laundry Bar Soaps (e.g. Sunlight)
- ☐ 2x Hand Towels
- ☐ 4 Bowls and Cups (heavy duty plastic – not metal)
- ☐ 4 Spoons (large soup size spoons)
- ☐ 1x large Antiseptic Ointment- "polysporin type"
- ☐ 1x package of Sterile Bandages
- ☐ 1x box Bandages (box of 50 minimum)
- ☐ Safety Pins
- ☐ 1x Sewing Kit (white & black cotton thread, 2x sewing needles, 2x buttons)
- ☐ 4x T-shirts (large)
- ☐ 4x Exercise Books
- ☐ 2x Pens
- ☐ 1x 3-metre strong Cord