

SHOPPING LIST

TOILETRIES CARE BAG

- Toothbrush and toothpaste
- Kids 3 in 1 shampoo, conditioner and body wash (1-7 y/o)
- Soap, shampoo and conditioner & body wash (8-17 y/o)
- Hair brush and hair ties for girls
- Comb for boys
- Roll on deodorant (10 yr+)
- Razors and shaving cream (boys 12 yr+)
- Razors (girls 12 yr+)
- Sanitary pads or tampons (girls 10yr+)
- Face washer
- Towel

CLOTHING CARE BAG

- Socks (at least 1 pair) and underwear (at least 3 pairs)
- Summer pyjamas
- T-shirt and shorts
- Jumper / long sleeve shirt

COMFORT CARE BAG

- Soft toy (1-7 y/o) (keep small to fit in backpack)
- Toddler pillow and small blanket (1-5 y/o)
- Phone charger (12 y/o+)
- Colouring book and crayons (1-7 y/o)
- Activity book or sketch book and pencils (8-11 y/o)
- Journal or exercise book and pens (12-17 y/o)
- Lunch box and drink bottle (age appropriate)

COMPLETE CARE BAG

- Backpack and above items

TIPS

- The bags will mainly be distributed during warmer months, so make sure clothing is appropriate.
- Affordable shopping options include: Kmart, Big W, Best & Less, Target and The Reject Shop.
- We can email you a catalogue of examples if you need further help.