



LOVE
in a backpack

SHOPPING CHECKLIST

FOR WOMEN RE-ENTERING SOCIETY

- shampoo
 - conditioner
 - soap
 - lotion
 - hair brush
 - pick or comb
 - toothbrush
 - toothpaste
 - floss
 - q-tips
 - hand sanitizer
 - tampons, various sizes
 - menstrual pads, various sizes
 - basic first aid kit
 - washcloths
- wet wipes
 - socks and/or underwear
 - hand warmers or sunscreen
 - lip balm, hair bands, & hair pins
 - sewing kit
 - nail care kit
 - gum and candy
 - tea and emergen-c
 - napkins and compostable silverware
 - high protein snack food
 - safety pins
 - self-addressed stamped envelope
 - flashlight
 - dateless planner and pen
 - bible