

One pair of warm gloves
One pair of thick socks
Regular size shampoo (not conditioner)
Toothbrush
Toothpaste and/or dental floss
Shaving cream for men/box of tampons or pads for women
Shower gel, body wash, or soap
Antiperspirant/deodorant
Package of 5-10 disposable razors
Boxed candy or chocolate (not home made)
Small jar of instant coffee, box of tea bags, or tin/box of hot chocolate