

Items suitable for a Road Warrior/Blessing Bag

General List (Can be used all year)

Chapstick
Hand cream
Toothbrush
Toothpaste (travel size)
Liquid body soap or travel size wet ones
Dry shampoo if you can find it but regular is fine
Comb
Protein Bar (High in protein-not fiber)
Peanut butter crackers
Tuna with crackers (pop top or foil bag)
Dried beef (like jerky but lower sodium)
Gum
Mints or Lifesavers
Dried fruit or fruit cups
(Fruit cups should be placed in a baggie in case of puncture.)
Bottle of water
Band aides
Extra zip lock baggies
Deck of cards
Note paper and pen

Summer added items

Sunscreen

Winter Items

Socks
Small flashlight (with batteries)
Handwarmers or gloves