

COMFORT PACK FOR WOMEN / MEN

- A4-sized fabric drawstring bag
- Face cloth
- Panties (small, med or large – no g-strings and no writing) – Ladies - **No used items please.**
- Underpants (small, med or large – no g-strings and no writing) – Gents - **No used items please.**
- Sanitary towels (individually sealed and not large pack with open as we place 3 in each bag) – Ladies – Only Ladies
- Soap (preferably bars)
- Toothpaste
- Toothbrush
- Shampoo (travel size)
- Deodorant (spray or roll on)
- Comb or brush
- Body lotion
- Small notebook and pen
- Tissues (small packs)
- Sweet – energy sweet i.e. Super-C or glucose (no chocolates as these melt in the bags)
- Small, bottled water
- Lip balm or small Vaseline
- Note - words of comfort/care
- T-shirts or Golf Shirts – Ladies & Men – Can be gently used items
- Disposable Mask x 2