

# RUCKSACK OF HOPE



24 hour emergency items

## SHOPPING LIST

- Cuppa Soups
- Pot Noodles
- Small box of tea bags
- Small jar of coffee
- Small bag of sugar
- UHT Milk
- Small bottles of water
- Hot chocolate sachets
- Biscuits
- Chocolate
- Toothbrush
- Toothpaste
- Soap/Shower Gel
- Deodorant
- Small Shampoo
- Water/Drinks
- Female Hygiene Items