

# What goes in a *PACK?*

## CHECK LIST



**Water**



**Protein Item**

Examples: pork & beans,  
tuna on the go, beef jerky  
or other dried meats



**Fiber Item**

Examples: granola bar,  
nut bar, trail mix



**Fruit / Fruit Cup**



**Snack Item**

Examples: cookies, chips,  
peanut butter



**Hygiene Items**

Examples: hand sanitizer,  
socks, soap, cleaning  
wipes, feminine products,  
sunscreen



**Dedication Tag**