



ESSENTIALS BOX

The first day & night

- ☐ Kettle
- ☐ Tea, coffee, milk & some non perishable food items
- ☐ Plates, cutlery & basic cookware
- ☐ Bedding/ sleeping bags and pillows
- ☐ Scissors
- ☐ Torch
- ☐ Basic toolkit - screwdriver, hammer etc

Household Basics

- ☐ Toilet paper
- ☐ Soap
- ☐ Towels
- ☐ Bin liners
- ☐ Cloths and essential cleaning supplies

For you

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Phone Charger
- ☐ Prescription Medication
- ☐ First-aid essential - pain relief, plasters etc.
- ☐ Children's entertainment
- ☐ Pet essentials - Bowl, lead etc.

Sanitising Supplies

During COVID-19 you may also wish to include

- ☐ Disposable gloves
- ☐ Anti bacterial surface wipes & disinfectant.



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