



SM

North Country Mission of Hope

Working Together to Improve Lives

PO Box 2522, Plattsburgh, NY 12901

Office: 518-561-2599

Cell: 518-570-5443

DSHope2@charter.net

www.ncmissionofhope.org

PERSONAL SUPPLY CHECKLIST

ROOM SUPPLIES:

___ Travel pillow or sweatshirt

CLOTHES:

- ___ Shorts- reasonable length
- ___ Long pants
- ___ T-shirts –must have sleeves... no tank
- ___ Tops or sleeveless, no V tops
- ___ Underwear
- ___ Socks
- ___ Sleepwear
- ___ Shower slippers or flip-flops
- ___ Sneakers
- ___ Sandals
- ___ Cap/hat/bandana
- ___ Painting clothes

BATHROOM/PERSONAL SUPPLIES

- ___ Towel
- ___ Washcloth
- ___ Plastic bag as carrier
- ___ Brush/comb
- ___ Soap
- ___ Shampoo
- ___ Toothbrush/toothpaste
- ___ Deodorant
- ___ Baby powder
- ___ Wet Ones/baby/body wipes
- ___ Feminine supplies
- ___ Nail Scrub Brush

OTHER: (add below)

MEDICAL SUP.

- ___ Personal Rx
- ___ Malaria meds
- ___ OTC allergy
- ___ Eye drops
- ___ Throat lozenges

MISCELLANEOUS

- ___ Fanny pack and small plastic bag
- ___ Journal/pens
- ___ Spanish dictionary
- ___ Flashlight
- ___ Cameras-labeled
- ___ Sunglasses
- ___ Sunscreen SPF 30
- ___ Mosquito repellent
- ___ Antibacterial hand sanit
- ___ 2 water bottles-w/name
- ___ Ear plugs?
- ___ Granola bars/snacks
- ___ Glasses/contacts
- ___ Family pics
- ___ Cards/small games
- ___ Postcards of hometown