



# North Country Mission of Hope

*Working Together to Improve Lives*

3452 Route 22, Peru, NY 12972  
Office: 518-643-5572  
Cell: 518-572-4246

[DSHope2@charter.net](mailto:DSHope2@charter.net)  
[www.ncmissionofhope.org](http://www.ncmissionofhope.org)

## PERSONAL SUPPLY CHECKLIST

### ROOM SUPPLIES:

\_\_\_\_\_ Travel pillow or sweatshirt

### CLOTHES:

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

### BATHROOM/PERSONAL SUPPLIES

- \_\_\_\_\_ Baby powder
- \_\_\_\_\_ Brush/comb
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Feminine supplies
- \_\_\_\_\_ Makeup Removal Cloths (to remove paint)
- \_\_\_\_\_ Nail Scrub Brush
- \_\_\_\_\_ Plastic bag as carrier
- \_\_\_\_\_ Shampoo
- \_\_\_\_\_ Soap
- \_\_\_\_\_ Toothbrush/toothpaste
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Washcloth
- \_\_\_\_\_ Wet Ones/baby/body wipes

**OTHER: (add below)**

### MEDICAL SUP.

- \_\_\_\_\_ Eye drops
- \_\_\_\_\_ Malaria meds
- \_\_\_\_\_ OTC allergy
- \_\_\_\_\_ Personal Rx
- \_\_\_\_\_ Throat lozenges

### MISCELLANEOUS

- \_\_\_\_\_ 2 Widemouth water bottles-  
**w/name** (Nalgene preferred & without  
straws)
- \_\_\_\_\_ Antibacterial hand sanitizer
- \_\_\_\_\_ Cameras-labeled
- \_\_\_\_\_ Cards/small games
- \_\_\_\_\_ Clear safety goggles
- \_\_\_\_\_ Ear plugs?
- \_\_\_\_\_ Family pics
- \_\_\_\_\_ Fanny pack & small plastic bag
- \_\_\_\_\_ Flashlight
- \_\_\_\_\_ Glasses/contacts
- \_\_\_\_\_ Granola bars/snacks
- \_\_\_\_\_ Journal/pens
- \_\_\_\_\_ Mosquito repellent
- \_\_\_\_\_ Pair of work gloves
- \_\_\_\_\_ Postcards of hometown
- \_\_\_\_\_ Spanish dictionary
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Sunscreen SPF 30
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_