



APPENDIX A QUICK CHECKLIST

LINENS AND TOWELS

Mattress cover, safety pins
Sheets – fitted bottom, flat top sheet,
pillow case
Pillow
Blankets
Towels – three sets and a face cloth

PERSONAL HYGIENE SHOWER NEED

Bathrobe
Shower bucket
Soap Box
Thong sandals

CLEANSERS

Soap, body wash

HAIR CARE

Shampoo
Hair conditioner
Hairbrush, comb, barrettes, rubber
bands, hair bow, etc.
Styling gel, mousse, hair spray
Curling iron

ORAL HYGIENE

Toothbrush, Toothpaste, Dental
Floss, Mouthwash

MISCELLANEOUS

Nail file and/or emery boards
Clippers (nail and toenail), tweezers
Nail brush
Moisurizers and body creams
Razor, razor blades

Shaving cream
Styptic Pencil
Aftershave
Makeup – cosmetics, makeup remover,
skin lotion, etc.

CLOTHING UNDERGARMENTS

T-shirts
Bras
Panties
Boxer shorts, briefs
Socks

CASUAL WEAR - WARM CLIMATE

T-Shirt
Shorts
Sneakers
Sandals

CASUAL WEAR - COLD CLIMATE

Sweatshirts
Jeans
Stocking hats
Gloves, mittens
Boots
Scarves
Parkas
Thermal undergarments
Work boots

TELEPHONE

Telephone, answering machine,
cordless



BOOKS

Thesaurus
Dictionary

LIGHTS

Desk lamp, reading lamp

SLEEP-RELATED ITEMS

Alarm clock
Ear plugs

STATIONARY SUPPLIES

Pens, Pencils
Eraser
Post It Notes
Blank paper
Envelopes, stamps
Scotch tape
Fun Tack
Ruler
Thumbtacks
Staples, stapler
Glue stick
Calendar, pocket planner
Calculator

HEALTH SUPPLIES

Bandages
Antiseptic cream or ointment
Antacid
Petobismo
Aspirin
Any prescription medication you
may be taking
Foot powder
Vitamins
Cough syrup
Sun block
Lip balm
Facial tissues
Cotton balls

Retainers and mouth guard
Skin lotion
Q-Tips
Contraceptives
Wash'n'Drys

LAUNDRY SUPPLIES

Laundry Detergent
Laundry Bags
Laundry Basket
Mini ironing board and iron
Antistatic sheets
Lint remover
Stain remove

APPLIANCES

Refrigerator, Microwave

MISCELLANEOUS

Carpeting
Milk crates
Trunk
Tool box
Fan
Paper towels
Paper plates
Air freshener
Compact disk holder
Can opener
Bottle opener
Backpack

**ENTERTAINMENT - FUN
STUFF**

TV
VCR
DVD
Stereo
Video Games
Baseball bat, glove, ball
Rollerblades



Playing cards
Board games
water pistols