



FEMA Care's Gift Bag Suggestions

Adults

Herbal teas
Stress Ball
Candles or Incense diffusers
Soaps- scented and Unscented
Tranquil music/ Meditation CDs
Journals/ Notebooks
Small handheld massages
Antibacterial hand foam
Knit hats
Head scarves
Books
Hobby/ Craft materials- beading supplies; stickers and stamps for scrapbooking
Hydrating socks (with Aloe)
Playing cards

Children

Children's books
Toys
Games
Baby booties/ small socks
Knitted hats
Stuffed animals
Coloring books & crayons/ colored pencils

All

Nuts
Dried fruits/raisins
Bottled water, juice boxes, soda
Mints/ candy