

CARE PACKAGE

essentials list



Cozy things

- Soft blanket
- Candle
- Fuzzy socks
- Heating pad
- Satin pillowcase
- Plush bathrobe
- Fuzzy slippers
- Knit headband
- Weighted blanket
- Eye mask
- Mug
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Self care

- Lip balm
- Hand cream
- Bath salts
- Pillow spray
- Bath bomb
- Makeup wipes
- Hand or face masks
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Treats

- Cookies
- Chocolates
- Caramels
- Trail mix
- Fruit bouquet
- Biscotti
- Coffee or tea
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Processing

- Grief journal
- Journaling pens
- Coloring book
- Affirmation cards
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Practical

- Facial tissue
- Hand sanitizer
- Gum or mints
- Restaurant gift card
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Remembrance

- Memorial plant/tree
- Keepsake box
- Memorial jewelry
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Scan here to access my care package essentials on Amazon:

