

## AGE & GENDER LIST OF COMFORT PACK ITEMS

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### **Baby (0-1)**

- 2 Disposable nappies
- 1 Small container Formula No 2
- 2 Helpings of Baby Cereal
- 1 Baby bottle
- 1 Face cloth/ 1 white cake of soap
- 1 Small tissue pack
- 1 Soft toy (20 - 30 cm)
- 1 Prayer

### **Toddler (2-3)**

- 2 Disposable nappies
- 2 pairs of underwear (1 x girl & 1 x boy, age 3 - 4)
- 1 Face cloth/ 1 white cake of soap
- 1 Small tissue pack
- 1 Container of Bubbles to Blow
- 1 Snack Pack
- 1 Soft toy (25 - 30 cm)
- 1 Prayer

### **Small (4-8) Girls**

- 2 Pairs of panties (Age 5-6 & 7-8)
- 2 Individually wrapped Sanitary pads
- 1 Face cloth/ 1 white cake of soap
- 1 Small tissue pack
- 1 Container of Bubbles to Blow
- 1 Colouring pack (Crayons & Pages from Colouring Books)
- 1 Snack Pack
- 1 Soft toy (25 cm)
- 1 Prayer

### **Small (4-8) Boys**

- 2 Pairs of underpants (Age 5-6 & 7-8)
- 1 Facecloth/ 1 cake of soap
- 1 Small tissue pack
- 1 Colouring pack (Crayons & Pages from Colouring Books)
- 1 Container of Bubbles to Blow
- 1 Soft toy (25 - 30 cm))
- 1 Snack Pack
- 1 Prayer

### **Medium (9-12) Girls**

- 2 Pairs of panties (Age 9-10 & 11-12)
- 2 Individually wrapped Sanitary pads
- 1 Face cloth/ 1 white cake of soap
- 1 Toothbrush/Toothpaste
- 1 Roll-on deodorant
- 1 Small tissue pack
- 1 Notebook and pencil
- 1 Snack Pack
- 1 Soft toy (25- 30 cm)
- 1 Prayer

### **Medium (9-12) Boys**

- 2 Pairs of underpants (Age 9-10 & 11-12)
- 1 Facecloth/ 1 cake of soap
- 1 Toothbrush/Toothpaste
- 1 Small tissue pack
- 1 Roll-on deodorant
- 1 Ball & 1 Wooden or plastic spinning top & string
- 1 Notebook & pencil
- 1 Snack Pack
- 1 Prayer

### **Teen (13-17) Girls**

- 2 Pairs of panties (Age 13-14 & Small Woman)
- 2 Individually wrapped Sanitary pads
- 1 Face cloth/ 1 white cake of soap
- 1 Spray-on deodorant
- 1 Toothbrush/Toothpaste
- 1 Small tissue pack
- 1 Notebook and pencil
- 1 Snack Pack
- 1 Soft toy (± 10 cm)
- 1 Prayer

### **A SNACK PACK consists of:**

**1 Fruit Juice**

**1 Sachet of Chicken Noodle Cup 'O Soup**

**1 packet double/filled biscuits — no less than six**