



Thank you. You are our hero.

What's included

- ☐ backpack
- ☐ bottle of water (lots!)
- ☐ cordial
- ☐ 'popper'/juice box juice
- ☐ electrolyte drinks
- ☐ electrolyte powder
- ☐ hydrolyte
- ☐ individual snacks (packet of chips, fruit cups, muesli bar, packet of biscuits, skittles or lollies)
- ☐ small ring pull cans (eg. tuna, baked beans)
- ☐ wet wipes
- ☐ hand sanitizer
- ☐ sunscreen
- ☐ toothbrush
- ☐ toothpaste
- ☐ small pack of tissues
- ☐ face masks P2
- ☐ saline/dry eye drops (no visine please)
- ☐ nasal cleaner
- ☐ pack of throat lozenges
- ☐ toilet paper roll
- ☐ 1x plastic cutlery set and napkin in a ziplock bag
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Packed in (eg. Suburb/State) _____

Message

Your generosity in time, care and help is appreciated.

Created 14/01/20 FFRFS_Version 2, by marnie@photobaby.com.au



Thank you. You are our hero.

What's included

- ☐ backpack
- ☐ bottle of water (lots!)
- ☐ cordial
- ☐ 'popper'/juice box juice
- ☐ electrolyte drinks
- ☐ electrolyte powder
- ☐ hydrolyte
- ☐ individual snacks (packet of chips, fruit cups, muesli bar, packet of biscuits, skittles or lollies)
- ☐ small ring pull cans (eg. tuna, baked beans)
- ☐ wet wipes
- ☐ hand sanitizer
- ☐ sunscreen
- ☐ toothbrush
- ☐ toothpaste
- ☐ small pack of tissues
- ☐ face masks P2
- ☐ saline/dry eye drops (no visine please)
- ☐ nasal cleaner
- ☐ pack of throat lozenges
- ☐ toilet paper roll
- ☐ 1x plastic cutlery set and napkin in a ziplock bag
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Packed in (eg. Suburb/State) _____

Message

Your generosity in time, care and help is appreciated.

Created 14/01/20 FFRFS_Version 2, by marnie@photobaby.com.au



Thank you. You are our hero.

What's included

- ☐ backpack
- ☐ bottle of water (lots!)
- ☐ cordial
- ☐ 'popper'/juice box juice
- ☐ electrolyte drinks
- ☐ electrolyte powder
- ☐ hydrolyte
- ☐ individual snacks (packet of chips, fruit cups, muesli bar, packet of biscuits, skittles or lollies)
- ☐ small ring pull cans (eg. tuna, baked beans)
- ☐ wet wipes
- ☐ hand sanitizer
- ☐ sunscreen
- ☐ toothbrush
- ☐ toothpaste
- ☐ small pack of tissues
- ☐ face masks P2
- ☐ saline/dry eye drops (no visine please)
- ☐ nasal cleaner
- ☐ pack of throat lozenges
- ☐ toilet paper roll
- ☐ 1x plastic cutlery set and napkin in a ziplock bag
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Packed in (eg. Suburb/State) _____

Message

Your generosity in time, care and help is appreciated.

Created 14/01/20 FFRFS_Version 2, by marnie@photobaby.com.au