

How to Make a Stuffed Shirt

Each Adult Men's or Women's Stuffed Shirt should have:

- shampoo
- conditioner
- soap
- toothbrush
- toothpaste
- deodorant
- shaving cream etc.

For a Baby Bag fill a clean, new or gently used diaper bag with any or all of the following:

- clean baby clothes
- wipes
- diaper cream
- a changing pad
- a cuddly small blanket
- a new pacifier and/or bottle
- small baby toy



For a Kid's Bag, stuff a kid's size medium t-shirt or kids backpack with any or all of these:

- children's shampoo & conditioner
- soap & plastic soap case
- small toothbrush
- children's toothpaste
- small hairbrush
- lip balm
- kid's decorated band-aids
- small towel or washcloth

Place the personal care items in a sealed plastic zip-lock bag (you might need two) and wrap a new, unused size XL t-shirt around the bag with a ribbon. You can either gather the shirt at the top and tie it, or wrap the shirt around the items like a present!

Alternately, you can place the personal care items in a new toiletries or duffle bag, or even a backpack.