

# MALE CARE PACK

- Water bottle/juice
- Shampoo/conditioner
- Soap
- Wash cloth/hand towel
- Hand sanitiser
- Cotton swabs
- Chapstick/lip balm
- Deodorant
- Hand/body lotion
- Comb/hair brush
- Tooth brush/paste
- Tissues/face wipes
- Rain poncho
- Small torch
- First aid kit
- Insect repellent
- Gloves
- Beanie
- Snacks
- Mints/gum
- Opal Card
- Pen + note pad
- A personal note
- Pocket grooming kit



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