

Dignity & Belonging in a Bag

I Belong Bags Foundation



Backpack List for Youth 12+ as of October 2025

Youth Backpack Program

This list outlines the standard (mandated) items we aim to include in every I Belong Bag for youth 12+, as well as optional seasonal and extra items that can be added based on availability. This ensures consistency while allowing for flexibility and generosity when possible. If you are an organization building backpacks, please work from the main list and choose from additional seasonal items where and if you can.

Main Essentials

- Adult sized backpack with good straps. Water resistant if possible.
- 1 Change of clothes: Jogging pants/t-shirt/sweatshirt or hoodie (gender neutral colors/designs)
- 2 pairs of Socks: Warm/Calf high
- Small blanket: fleece roll-up that fits nicely in a backpack
- Adult toothbrush and toothpaste (toothbrush in package)
- Hairbrush (gender neutral)
- Toiletries in a zipped pouch or large Ziploc baggie (no razors):
- Shampoo & conditioner (travel size or small bottles)
- Body wash (travel size)
- Body lotion (travel size)
- Deodorant (regular size)
- Wipes suitable for hands and sanitary wash
- Small personal grooming items: hair ties, nail clippers, nail file
- Feminine products: Pads/Tampax
- Journal, pens, and coloured pencils OR drawing/sketch book
- Empowering or fun book/item (teen appropriate)

Summer Add-On Items (Optional when available)

- Travel-size sunscreen and lip balm with SPF
- Insect repellent (travel size)
- Reusable water bottle
- Compact or foldable hat for sun protection
- Mini umbrella or lightweight rain poncho
- Reusable shopping/tote bag
- Small pack of tissues

Winter Add-On Items (Optional when available)

Warm toque

- Extra pair of warm gloves or mittens
- Hand warmer packets
- Thermal socks (extra pair)
- Lip balm (for cold/wind protection)
- Compact emergency blanket
- Scarf or balaclava

Extra / Luxury Items (Optional)

- Gift cards for food (Tim Hortons, Subway, etc.) or essentials (Walmart, Dollarama)
- Calgary Transit tickets
- Compact first-aid kit (band-aids, antiseptic wipes, gauze pads)
- Small “sewing” repair kits (glue based vs. needle)
- Small roll of duct tape/strong adhesive tape for quick fixes to jackets/clothes/backpacks
- Portable power bank or phone charger
- Small solar-powered flashlights
- Waterproof zip-lock dry-bags
- Reusable utensils pack