

Here's a list of items you may want to purchase to fill a reusable shopping tote or basket for your parent/grandparent.

Buying in bulk can save money and time. Look for the following things at your local Sam's Club. If you need special items like wheelchairs, etc. check the Sam's Club [Family Caregiving site](#).

Personal Needs

Adult underwear/ pads

Adult washclothes

Body wash

Shampoo

Toothpaste/toothbrush

Tissues/toilet paper

Snacks

Trail mix/ nuts/ dried fruit

Favorite candy or gum

Fresh fruit

Bakery goods (muffins, cookies, etc)

Chips / pretzels

Protein drinks

Extras

Gift cards to a favorite restaurant

New book to read

Clothing items
