

Do It Yourself Toiletry Kit

Quart size zip lock bag reinforced on the seams with duct tape (with your name written on it)

<https://www.youtube.com/watch?v=848Kel-uE3k>

- Travel size body wash (works for soap and shampoo) Dr. Bronner's Soap is good too.
- Soap puff or bandanna
- Deodorant
- Small Comb
- Small bottle of hand sanitizer
- Travel tooth brush or old tooth brush with half the handle cut off
- Travel tooth paste or tooth paste dots (see below)

Tip: travel size shampoo bottles are handy, don't throw out when empty, refill them

Another trick is to use those gel covers on hand sanitizer for your body wash. This way you hang it from a piece of string or lanyard. You can hang it off the shower head in the shower so you always know where it is and you don't have to put it down on some of those funky soap holders. You can clip your puff or bandanna to it as well so everything stays together.



Toothpaste Dots

The gist of creating toothpaste dots is to first select a toothpaste that isn't a gel. Gel toothpaste never fully cures like the paste will.

To create toothpaste dots, you want to squeeze out a tiny dot the size of a chocolate chip.

Next, use tin foil to squeeze your toothpaste on to while it's drying out.

The dots will be very easy to remove from the tin foil and I let mine sit for about a week before removing them.

The last step is to remove the dots from the tin foil and drop them into a small ziploc.

Before closing up the bag with your new toothpaste dots, sprinkle a little baking soda in so they don't stick together.

That's all there is to it! You can now simply take out a toothpaste dot, toss it in your mouth, chew it a little bit and start brushing.

