

MOST NEEDED ITEMS

- Volunteers!
- Men's waterproof walking boots, sizes 38-45 (but most needed sizes 40-43)
- Sleeping bags (even better if they're winter ones and waterproof!)
- Warm, waterproof winter coats (especially small and medium sizes)
- Tents (especially 2-3 man)
- Men's new boxer shorts (small and medium, tight fit only)
- Men's jogging bottoms or jeans, size 28-34 waist
- Hoodies
- Unlocked mobile phones with chargers
- Mobile phone external batteries
- Tarpaulins
- Toiletries and toiletry packs
- Waterproof trousers
- Socks, hats, gloves and scarves
- Thermals (long johns and tops)
- Food – bulk food and food parcels (see Multipacks section on page 4 for the items we need)
- Trainers and shoes (we now take leather shoes!)

We are also collecting for the women's centre in Dunkirk, at the moment they most need:

- Nappies (sizes 5 and 6) and sudcrem
- Baby shower gel/ shampoo
- Adult diapers and sanitary pads
- Baby wipes and moisturiser
- Toilet paper

Please email clare@care4calais.org
to let us know what you have and when you plan to come.

OTHER NEEDED, BUT NOT PRIORITY ITEMS

- Rollmats
- Blankets
- Rucksacks and travel bags
- Men's T-shirts
- Wind-up torches and lanterns
- Batteries
- Bin bags
- Anti-bacterial hand wash

ITEMS THAT ARE NOT NEEDED

This is because we already have lots of these things, or because there is no demand for them, or because they aren't appropriate.

- **Anything that is dirty, torn, or otherwise damaged**
- Children's clothes and toys
- Women's clothes and shoes (except leggings)
- High heels
- Men's trousers larger than 34' waist
- Electrical goods
- Handbags
- Towels
- Gas bottles with UK fittings

PLEASE, THINK PRACTICAL!

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HOW TO PACK THE ITEMS

PACK THE SAME SIZES TOGETHER

- Only pack one type of item in the same box
- Put the same sizes together (e.g. just 32' trousers in one box, or only size 8 shoes in one box)
- Pack them in boxes with dimensions as close to 65 x 50 x 45 cm as possible
- Label the boxes clearly on 3 sides with what is inside and how many

CONTROL THE QUALITY

- Clean everything before you pack it, or remove dirty items
- Check everything is undamaged, working, and all in one piece
- Check the sizes

MULTIPACKS

The following multipacks are useful:

- **Individual, identical food parcels for 1-2 people** with easy to cook, non-perishable food (as fuel and storage is limited): Tinned food with pull top (e.g. lamb, chicken, beef, tuna, sardines, tomatoes, red/white beans, chick peas, lentils), easy to cook rice, cooking oil, UHT milk, black and green tea, instant coffee, sugar, long-life fruit juice
- **Travel packs:** made up for 2, 3, or 4 people in a rucksack including tent, 2-4 sleeping bags/blankets, a torch, emergency food, socks, and hygiene packs
- **Men's basics pack:** marked S/M/L with any combination of T-shirt, socks, new underpants, toiletries, torch (TIP: use 3 different coloured bags for S/M/L)

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