



Care4Calais provides direct aid to refugees living in the worst conditions across France and Belgium who do not have access to shelter from the elements, basic sanitation or health facilities, adequate food, clothing or other daily essentials.

One of the best ways we help them is to provide ready-made packs that they can easily carry full of the key essential things they need on a daily basis.

We are asking you to help us do this.

**CARE 4
CALAIS**

WHAT DO WE NEED?

We make up a backpack for each refugee (or a drawstring or other bag if backpacks are not available).

Suggested contents:

- **High energy, health snacks**
 - Dried fruit
 - Nuts
 - Cereal bars
 - Tinned fish (ring pull top)
- **Toiletries that are useful for people sleeping rough**
 - Spray deodorant
 - Wet wipes
 - Toothbrush and toothpaste
- **They don't get to change their clothes, help them feel fresh**
 - Pair of socks
 - New boxer shorts**
 - Tee shirts**
 - Joggings bottoms (with cuff bottoms because of the mud)**
- **A small bottle of water**
- **Why not add a personal touch, something you think of yourself?**



** for things that are different sizes, it helps us if you can either colour code the packs or attach a label to say if the pack is for a small, medium or large person. Please note there are more small and medium refugees in France. A common ratio would be 45S:40M:15L

Could your school, workplace, church, mosque or community centre help bring a little comfort and humanity to people fleeing conflict, oppression or persecution by organising a collection of #Packs4Calais?

We'd love to share what you are doing for the **#Packs4Calais** appeal - please share photos and stories on Twitter, Facebook and Instagram with the hashtag **#Packs4Calais**

Let us know you'll be collecting at **clare@care4calais.org**, or get in touch if you have any questions.