# Item List

## Most Needed Items
- Volunteers!
- Tents
- Men’s and boys’ coats (especially small and medium sizes)
- Sleeping bags and blankets
- Jogging bottoms or jeans, size 26-34 waist (joggers with cuff bottoms if possible)
- New boxer shorts (esp small and medium, tight fit if possible)
- Socks
- Waterproof walking boots, sizes 38-45 (but most needed sizes 40-43)
- Unlocked mobile phones with chargers (note – unlocking essential please)
- Powerbanks
- Tarpaulins
- Rain ponchos
- Backpacks
- Food *(see page 2 for more details)*

## Other Items Need, But Not Priority
- Toiletries and toiletry packs
- Hoodies
- Emergency blankets
- Rollmats
- T-shirts
- Trainers
- Wind-up torches and lanterns
- Batteries
- Bin bags
- Anti-bacterial hand wash
- Children’s sports or skiwear
- Women’s sports or skiwear, leggings and new underwear
- Hats, gloves and scarves

## Items That Are Not Needed
This is because we already have lots of these things, because there is no demand for them, or because they aren’t appropriate.

- Anything that is dirty, torn, or otherwise damaged
- Children’s toys
- Women’s summer or evening wear
- High heels
- Men’s trousers larger than 34’ waist
- Electrical goods
- Handbags
- Towels

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Please let us know what you are bringing and when you plan to come, by emailing:  
[clare@care4calais.org](mailto:clare@care4calais.org)
High priority:

- Dried fruit & nuts (especially dates)
- UHT milk
- Sugar
- Biscuits
- Cakes
- Coffee

Also needed:

- Tinned food (e.g. lamb, chicken, beef, tuna, sardines, tomatoes, red/white beans, chick peas, lentils)
- Cooking oil
- Black & Green tea
- Eggs
- Long-life fruit juice
- Red lentils

ARE YOU BRINGING DONATIONS TO CALAIS?

Please let us know what you are bringing and when you plan to come, by emailing: clare@care4calais.org

FOOD ITEMS

HOW TO PACK THE ITEMS

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:

- **Men’s basics pack**: marked S/M/L with any combination of T-shirt, socks, new underpants, toiletries, torch, gloves, hats
- **TIP**: use 3 different coloured bags for S/M/L

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