ITEM LIST

MOST NEEDED ITEMS

- Volunteers!
- Men’s jogging bottoms or jeans, size 26-34 waist, joggers with cuff bottom
- Sleeping bags
- Men’s new boxer shorts (esp small and medium, tight fit only)
- Socks, hats and gloves
- Men’s waterproof walking boots, sizes 38-45 (but most needed sizes 40-43)
- Mens and boys coats (especially small and medium sizes)
- Unlocked mobile phones with chargers
- Power banks
- Tarpaulins
- Rain ponchos
- Tents
- Food (see page 2 for the food items we need)

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

OTHER NEEDED, BUT NOT PRIORITY ITEMS

- Toiletries and toiletry pack
- Hoodies
- Blankets
- Emergency blankets
- Rollmats
- Men’s T-shirts
- Trainers
- Wind-up torches and lanterns
- Batteries
- Bin bags
- Anti-bacterial hand wash

PLEASE EMAIL CLARE@CARE4CALAIS.ORG TO LET US KNOW WHAT YOU HAVE AND WHEN YOU PLAN TO COME.
ARE YOU BRINGING DONATIONS TO CARE4CALAIS?

FOOD ITEMS

FOOD

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

Also needed:
- Tinned food with pull top (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

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

PACK THE SAME SIZES TOGETHER

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

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 (TIP: use 3 different coloured bags for S/M/L)

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