

## ITEM LIST

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### MOST NEEDED ITEMS

- Volunteers!
- Sleeping bags (even better if they're winter ones and waterproof!)
- Men's new boxer shorts (esp small and medium, tight fit only)
- Socks and gloves
- Men's waterproof walking boots, sizes 38-45 (but most needed sizes 40-43)
- Warm, waterproof winter coats (especially small and medium sizes)
- Food – bulk food and food parcels (see page 2 for the food items we need)
- Men's jogging bottoms or jeans, size 26-34 waist, joggers with cuff bottom
- Hoodies
- Unlocked mobile phones with chargers
- Mobile phone external batteries
- Tarpaulins
- Toiletries and toiletry packs
- Waterproof trousers
- Thermals (long johns and tops)
- Trainers
- Blankets
- Emergency blankets
- Rain ponchos
- Tents (1-3 man only)

### OTHER NEEDED, BUT NOT PRIORITY ITEMS

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

### ITEMS THAT ARE **NOT** NEEDED

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**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

## FOOD ITEMS

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### FOOD

#### High priority:

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

#### Also needed:

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

## HOW TO PACK THE ITEMS

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### 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:

- **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)