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, hats and gloves
- Hoodies and jumpers 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)**

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

OTHER ITEMS NEED, BUT NOT PRIORITY

- Toiletries and toiletry packs
- 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

FOOD ITEMS

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

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)