1. **HELP REFUGEES**

***Please make sure that you’re bringing good quality items that you’d use yourself!***

**MOST NEEDED ITEMS: FEBRUARY 2019**

**Priority Items – we are in desperate need of:**

**– Trousers (sizes 28-34)  
– Walking boots (sizes 40-43)  
– Practical warm jackets and waterproofs  
– Thermal leggings & Thermal tops  
– Tents and tarpaulins  
– Sleeping bags and blankets  
– Gloves & Handwarmers  
– Emergency Foil Blankets**

**And more below….**

**OTHER NEEDS:**

– Belts (men’s)  
– Men’s underwear (boxers, only new please – small and medium) and socks (preferably thin)  
– Hats (preferably Beanies) Gloves and Handwarmers  
– Mobile Phones (only functional please)  
– Men’s joggers and jeans (small and medium)  
– Backpacks (30-40 litres)  
– Small backpacks-(below 40ltrs)/ drawstring bags  
– Roll mats  
– Jumpers and hoodies (small and medium)

**Hygiene:**

– Body Lotion (especially lotion for sensitive skin)  
– Toothpaste  
– Saline Solution/Eye wash  
– Men’s disposable razors  
– Packs of tissues  
– Toilet paper  
– Wet wipes  
– Spray deodorant (men’s)  
– Shampoo  
– Conditioner  
– Toothbrushes  
– Shaving foam  
– Hand sanitiser  
– Hair oil  
– Talcum powder

**Miscellaneous**

– Bin bags  
– French Lyca SIM cards  
– Fire starters  
– Disposable cups (for distributing hot drinks)  
– UK to EU adaptors (to use UK chargers in France)  
– Pop-up gazebo (but NO poles)  
– Bags for life

**Items we cannot currently accept:**

* Any Medication
* Children’s bedding and nappies
* Button-up Shirts
* L or XL clothing
* Duvets
* Ski suits/salopettes
* Wellies or office shoes
* Steel Toecap shoes
* Camouflage print items
* Hand-knitted items
* Items containing symbols that are satanic, religious, or have references to sex/drugs/alcohol
* Very bright or fluorescent clothing
* Blankets smaller than a full-grown man

1. **REFUGEE COMMUNITY KITCHEN**

SPICES

Lemons and Lemon juice

Sea salt & Table salt

Black Pepper

Powdered Spices:

Cinnamon,

Ginger powder

Garlic powder

Curry Powder

Garam Masala

Coriander Powder

Cumin Powder

Nutmeg Powder

Turmeric Powder

Mustard seeds

Coriander seeds

Cumin seeds

Fennel seeds

Cinnamon sticks,

Cardamon

Whole dried chillies

Chili flakes

Coconut Milk

Desiccated Coconut

Coconut Powder

Vinegar, Balsamic Vinegar, Apple Cider Vinegar

Vegetable stock/Bouillon (Large tubs)

Mustard

Tahini

Harissa

Sumac

Zatar

Ketchup

Sunflower Oil

Olive Oil (NOT PUMICE OIL)

FRESH VEGETABLES

(minimum 20kg)

Apples

Bananas

Oranges

Garlic

Ginger

Potatoes

Fresh tomatoes

Onion

Courgette

Cauliflower

Aubergine

Leeks

Celery

Cucumber

Peppers

Lettuce

Fresh chillies

Fresh herbs

Coriander

Parsley

Mint

Dried Beans (25kg sacks)

Chickpeas

Red lentils

Kidney beans

Pinto Beans

Butterbeans

Large tins of canned tomatoes

Tinned beans

Kidney

Chick pea

Canned Fish (with ring pull)

Sardines

Mackerel

Tuna

NON FOOD KITCHEN ITEMS

PAPER cups 8oz (no plastic)

Washing up sponges

Green & Metal Scourers

Washing up liquid

Floor cleaner

Degreaser

Anti-bacterial Spray,

Spray Surface cleaner

Large catering kitchen towel

Catering cling film

Large Bin bags (110L + 50L) Washing Machine Powder

Aprons

Waterproof Aprons

Long Life Milk

Sugar

Tea

Instant and Filter coffee

Biscuits

Flapjacks

Chocolate

Honey

Golden Syrup

Dried Fruit and Nuts

Dried Apricots

Dates

1. **REFUGEE WOMEN’S CENTRE**

DONATIONS LIST [last update: 10th March 2019]

(Items in **bold** are most **urgent!**)

Camping items

- **Tents** (2-8 person – especially 4 person and larger)

- **Tarpaulin**

- **Sleeping bags** (**adults**, children’s & babies)

- Medium & large rucksacks

Hygiene items

- **Women’s deodorant**

- **Nappies Size 5**

- Baby milk powder(No.2 and No.3 preferably “Gallia” “Aptimol” or “Cow & Gate”)

- Baby wipes

- Shampoo& Conditioner

- Toilet paper

- Suncream

Clothes & shoes

- **Children’s leggings and tracksuit bottoms/joggers**

**- Women's joggers** (tapered at bottom)

- **Women’s leggings**

**- Women’s socks (new/unused)**

**- Women’s gloves**

- **Children’s waterproof ski suits**

- Women’s WARM waterproof coats

- Women’s jumpers that cover the bottom

- Children’s waterproof coats

- Women’s and Children’s trainers (not white or light coloured) and practical lightweight boots and hiking shoes

- Women’s and Children’s practical sandals & flip flops

- Women's headscarves

- Summer caps

Misc items

- **Smart phones and phone chargers**

- **Torches** (especially wind-up)

- **Thermos flasks** (new/unused)

**- Nappy cream** (ie. sudocrem)

**- Nail clippers and tweezers**

- Arts and crafts material, henna, nail varnish, make up, nail varnish remover, lego

- Children’s prams