**Urgent goods are in bold:**

**1 List ”Help Refugees” (for gentlemen)**

**Clothing (Gentlemen)**

**T-shirts with short sleeves (small / medium)**

**T-shirts with long sleeves (small / medium)**

**Thin / thick sweaters (small / medium)**

**Hoodies (small / medium)**

**Thin / thick waterproof jackets (small / medium / large)**

**Sweatpants (size 25 - 35)**

**Skinny pants and jeans (size 28 - 38)**

Thermal shirts and leggings

**Thin dark socks**

**Boxer shorts (Small / Medium / Large)**

**Sport shoes and boots (size 39 - 43)**

**Winter hats and gloves**

Men’s underwear (only new in small & medium)

**Extras**

**Backpacks of 20L / 25L / 30L**

**Tents (2/3 pers. M)**  
**Tarpaulin / tent cover**

**Roll mats**

French Lyca Sim cards

**Disposable and non disposable rain ponchos**  
**Hygiene**

**Roll deodorant**

**paper handkerchiefs**

**wet wipes for babies**

condoms

Small shower gels

Please do NOT send:

duvets

pillows

Air mattresses

gymnastic shoes

Everything that has broken / stained / holes

Everything with slogans that can be considered offensive / inappropriate in this situation

**2 List for refugees (Women Centre) (for ladies and children)**

**Camping articles**

**- Tents (2-8 people - especially 4 people and larger)**

**- Sleeping bags (adults, children and babies)**

**- Thick and thin blankets**

**- flashlights (especially windable)**

**- Thermos (new / unused)**

**- Medium and large backpacks**

**- Reusable plastic cups and plates**

- Large pots and **pans**

- Cookware (ladle, spatula and serving spoons)

**Hygiene items**

**- Deodorant for women (spray and roller)**

**- Shampoo**

**- Conditioner**

**- Baby wipes**

**- Baby milk powder (No. 1 and No. 3, preferably "Gallia" "Aptimol" or "Cow & Gate")**

**- Diapers size 4-6**

**- paper handkerchiefs and toilet paper**

**- Body milk (child friendly)**

**- Baby shampoo**

**- Shower gel**

**- Diaper cream (eg Sudocrem)**  
**Clothes and shoes**

**- Women's underwear (new / unused)**

**- Children's underwear (new / unused)**

**- Training pakken (ladies)**

- Practical sports shoes for women (not white or light coloured),

- Summer shoes (sandals, slippers and shoes)

**- Women's leggings (especially medium and large sizes)**

**- Children's clothing Age 4-7**

**- Jeans for ladies sizes M and L**

**- Teenage sports bras**

- Summer hats (ladies and children)

**Various items**

- Smartphones, telephone chargers and power banks

**- baby carriers for new born babies**

- Nail clippers and tweezers

- Materials for women's activities: henna, nail polish, **makeup**, nail polish remover, wool, thread, beads, palettes for watercolour paint

All items we distribute must be in good condition. We do not distribute items with holes / stains.

**Items that we cannot currently accept**

Shoes

High-heeled shoes

Leather shoes

Thin boots and boots for women

The only shoes that we currently distribute are shoes / sneakers / slippers / sandals.

Toys

Hygiene:

Sanitary pads

Lip balms

Used baby bottles

Pieces of soap

Incontinence protectors (excluding incontinence pull-up pants)  
Toothbrush and toothpaste

**3 . Refugee Community Kitchen list**

**SPICES :**

Lemons and lemon juice

Sea salt & Table salt

Black pepper

Powder spices :

Cinnamon

Ginger powder

Garlic powder

Curry powder

Garam Masala

Coriander powder

Cumin powder

Nutmeg powder

Turmeric powder

Mustard seeds

Coriander seeds

Cumin seed

Fennel seed

Cinnamon sticks,

Cardamon

Whole dried peppers

Chili flakes

Coconut milk

Dried coconut

Coconut powder

Vinegar, Balsamic Vinegar, Apple Cider Vinegar

Vegetable broth / Bouillon (Large tubs)

Mustard

tahini

harissa

Sumac

Zatar

Ketchup

Sunflower oil

Olive oil

FRESH VEGETABLES

(minimum of 20 kg)

Apples

Bananas

Oranges

Garlic

Ginger

Potatoes

Fresh tomatoes

Onion

Zucchini

Cauliflower

Eggplant

Leeks

Celery

Cucumber

Peppers

Lettuce

Fresh peppers

Fresh herbs: coriander, parsley, mint

Dried Beans (25 kg bags)

chickpeas

Red lentils

Kidney beans

Pinto beans

Lima beans

Large tins of canned tomatoes

Canned beans

Kidney beans

Chickpea

Canned Fish (with draw ring)

sardines

Mackerel

Tuna

Milk (long shelf life)

Sugar

Tea

Instant and filter coffee

Cookies

pancakes

Chocolate

Honey

Syrup

Dried fruit and nuts

Dried apricots

dates  
  
NON-FOOD KITCHEN

PAPER cups (not plastic)

Sponges to wash dishes

Green & metal scourers

Dishwashing liquid

Floor cleaner

degreaser

Antibacterial spray

Spray surface cleaner

Large kitchen towel

Horeca fresh food foil

Large waste bags (110L + 50L)

Washing machine powder

Aprons

Waterproof aprons