1. **LIST FROM HELP REFUGEES**

**NOVEMBER 2018**

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

* + **Trainers and walking boots (sizes 40-43)**
  + **Hats, gloves and hand-warmers.**
  + **Men’s underwear (boxers, only new please – small, medium and large) and socks (preferably thin)**
  + **Practical warm jackets and waterproofs**
  + **Thermal leggings**
  + **Tents and tarpaulins**
  + **Sleeping bags and blankets**
  + **Rain ponchos**
  + **Mobile phones with chargers (only fully functioning please)**

**Items we cannot currently accept:**

* L or XL clothing
* Duvets
* Ski suits/salopettes
* Wellies or office shoes
* Business attire
* Roll mats
* 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

**If any of these items are brought to our warehouse we will be unable to receive them.**

**OTHER NEEDS:**

* Thermal layers
* Men’s joggers and jeans (small and medium)
* Small backpacks/ drawstring bags
* Roll mats
* Jumpers and hoodies (small and medium)
* Belts (men’s)
* Emergency foil blankets

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

**Miscellaneous**

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

1. **LIST FROM 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**  **Tea towels**  **Catering cling film**  **Large Bin bags** (110L + 50L) **Washing Machine Powder**  **Aprons**  **Long Life Milk**  **Sugar**  Tea  Instant and Filter coffee  Biscuits  Flapjacks  Chocolate  Honey  Golden Syrup  **Dried Fruit and Nuts**  **Dried Apricots**  Dates |

1. **LIST FROM REFUGEE WOMEN’S CENTRE**

DONATIONS LIST [ last update: 24th November 2018]

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

Camping items

- **Tents** (2-8 person – especially 5 person and larger)

- **Tarpaulin**

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

- Medium & large rucksacks

- Metal kettles

- Large pots

Hygiene items

- **Baby milk powder** (No.1, 2 & 3, preferably “Gallia”)

- **Children’s toothbrushes and toothpaste**

- Baby wipes

- Shampoo& Conditioner

- Toilet paper

- Women’s deodorant

Clothes & shoes

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

**- Women’s socks (new/unused)**

**- Women’s gloves**

- **Children’s waterproof ski suits**

- Women’s & Children’s WARM waterproof coats

- Women’s and Children’s trainers/practical shoes

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

- Women’s and Children’s underwear (new/unused)

Misc items

- **Smart phones and phone chargers**

- **Dummies & baby bottles**(new)

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

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

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

- Children’s prams