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 PepperPowdered Spices: Cinnamon, Ginger powder Garlic powder Curry PowderGaram Masala Coriander PowderCumin Powder Nutmeg PowderTurmeric PowderMustard seedsCoriander seedsCumin seedsFennel seedsCinnamon sticks, CardamonWhole dried chilliesChili flakes**Coconut Milk** **Desiccated Coconut****Coconut Powder****Vinegar, Balsamic Vinegar, Apple Cider Vinegar****Vegetable stock/Bouillon (Large tubs)** MustardTahiniHarissa**Sumac**Zatar **Ketchup**Sunflower Oil**Olive Oil *(NOT PUMICE OIL)*** | **FRESH VEGETABLES** **(minimum 20kg)****Apples** **Bananas** **Oranges****Garlic****Ginger**PotatoesFresh tomatoesOnionCourgette CauliflowerAubergineLeeksCeleryCucumberPeppersLettuceFresh chilliesFresh herbs CorianderParsleyMint**Dried Beans (25kg sacks)****Chickpeas****Red lentils****Kidney beans****Pinto Beans****Butterbeans****Large tins of canned tomatoes**Tinned beansKidneyChick 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 coffeeBiscuitsFlapjacksChocolateHoneyGolden 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