

MOST NEEDED ITEMS

- **Volunteers!**
- Mobile phones (must be unlocked and have working battery)
- Oyster cards
- Coats (men, women and children)
- Jogging bottoms or jeans in sizes 26-34 waist
- Trainers in sizes 38-45
- Backpacks
- Hoodies (men and women)
- T-shirts (men and women)
- Underwear (new)
- Bras (new)
- Boxer shorts (new)
- Socks

FOOD

- Many people have told us that food in the hotels is not great – neither in taste nor nutrition.
- In some cases we have arranged distributions of **fresh fruit and snacks, or food that doesn't require cooking.**
- In others, we have found local groups to **bring in hot food** in the evenings.

NOT NEEDED!

- Anything dirty, torn or damaged
- Any homeware
- Women's evening wear
- High heels
- Electrical goods
- Handbags
- Towels

CHILDREN

- Nappies
- Prams
- Baby grows
- Clothes
- Shoes
- Children's toys and books (not a priority)

Your nearest drop-off point is:

To arrange a donation please email annie@care4calais.org