

***** Kindness kit *****



Clothes

- Gloves (ones you can layer are good, so if something gets wet you can switch, waterproof is good)
- Socks (this is possibly the most important thing, thermal or wool)
- Scarves and hats

Toiletries & Health

- Feminine products including sanitary pads
- Band-Aids (big ones to cover blisters are nice)
- Deodorant (often already have or can get free)
- EmergenC, Airborne, chewable multivitamins (if you aren't eating or sleeping right you are more likely to get sick, also food is very accessible in this country, but often it is not the most nutritious)
- Lip balm / chapstick ** Lotion ** Sunscreen ** Tissues
- Toothbrush and toothpaste (often already have or can get free, toothbrushes with covers are nice)
- Wet wipes ** Comb/brush

Essentials

- Sewing kit ** Shoes ** Sleeping bag or mat
- First aid kit ** Nail clippers ** Razor
- Can opener ** Flashlight ** Headlamp
- Hand warmers
- Tarp 6x8 gives good cover without being bulky

It doesn't have to be anything fancy so please donate what you can. Please can we have all Kindness Kits by **Thursday 14th December 2018**. You can leave your kits by **desk 3-24**.

**Let's make this Christmas
unforgettable for everyone!**

