

THIS BOX IS FOR A WOMAN WHO HAS ESCAPED ISIS  
 Ev sindoq ji bo jinên ku ji destê Daiş hatine rizgar kirin  
 هذا الصندوق مخصص للنساء الفارات من ايدي داعش

Please do not pack **anything** that is not on this list. **NO FOOD, SWEETS OR MEDICINES**

Everything must be **NEW**, in packing or still with tags or new hand-knitted.

**PLEASE BUY ALL OF THE FOLLOWING ESSENTIAL ITEMS**, and tick off each item as you pack it into your banana box. Items shouldn't be gift wrapped (but feel free to gift wrap the lid only). Please do not add your own personal messages, but instead, print off one of our standard messages which has been translated into Arabic and Kurdish.

**Shopping List/Check**

Please tick items here as you pack them

<b>ESSENTIAL items (please include ALL THE ESSENTIAL ITEMS listed below)</b>	
Large towel (bath)	
Small towel (hair)	
Sponge	
Soap bars x 4 bars (no liquids)	
Toothbrushes x 2 or more	
Toothpaste x 4 or more	
Sanitary towels x 5 packs or more	
Comb or hairbrush	
Pack of knickers (5 pairs or more; full briefs) NOTHING BLUE *	
Pyjamas (full length, long-sleeved) NOTHING BLUE *	
Track suit bottoms NOTHING BLUE *	
T shirts (long-sleeved) NOTHING BLUE *	
Large box of washing powder (2.8 kg)	
Hairbands (hair ties)	
Cushion	
Slippers (generic size or warm slipper socks) NOTHING BLUE *	
Roll on deodorant	
Bra – generic sizes NOTHING BLUE *	
Nail clippers/scissors	
Blanket – adult size, can be hand-knitted but new	
Photo of you and message in Arabic/Kurdish printed from SAA website	
<b>OPTIONAL items</b>	
Sewing kit (needle, cotton, scissors etc.)	
Toiletry bag	

If your box has any extra space, please consider filling it with more of the items that will be used quickly like the toiletries or sanitary products or an extra pack of knickers. Or choose items from the **optional** list.

\*Some of the groups that these boxes will be distributed to do not wear blue clothes for religious reasons.

**Please tape this checklist onto the top of the box so that customs are able to see exactly what is in each box. Do not tape the boxes closed.**