

THIS BOX IS FOR A PREGNANT WOMAN, OR A WOMAN WITH A NEWBORN BABY

Ev sindoq ji bo jina avis/hamile, yan jina bi bebek re ye

هذا الصندوق مخصص للمرأة الحامل أو المرأة ذو طفل حديث الولادة

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 to pack in your banana box, and tick off each item as you pack it. Items shouldn't be gift wrapped, but feel free to gift wrap the lid only. Please do not add your own personal messages: instead, print off one of our standard messages from www.samarasaidappeal.org/care-packs which has been translated into Arabic and Kurdish and pack it with a photo of yourself or group that have packed this.

Shopping List/Checklist

Please tick items here as you pack them

ESSENTIAL items (please include <u>ALL THE ITEMS</u> on this essential list)	
Large Towel	
Sponge	
Soap bars x 4 (no liquids)	
Toothbrushes x 5	
Toothpaste x 3	
Maternity/sanitary pads x 4 packs	
Comb or hairbrush	
Pack of knickers (full briefs)	
Loose fitting pyjamas (full length, long sleeves)	
Loose fitting track suit bottoms	
Long sleeved T shirt	
Breast pads	
Large box of washing powder (2.8 kg)	
Hairbands (hair ties)	
Pack baby vests (newborn, or 0-3 months, or both)	
Pack baby sleepsuits (all in one – newborn, or 0-3 months, or both)	
Muslin squares x 1 pack	
Pack nappies (newborn size)	
Baby wipes x 4 packs	
Nappy sacks x 1 pack	
Blanket – adult size, can be new hand-knitted	
Photo of you and Arabic/Kurdish message printed from SAA website	
OPTIONAL items	
Nursing bra (generic size)	
Sewing kit	
Toiletry bag	
Warm baby clothes	
Slippers (generic sizes or warm slipper socks)	

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 choose items from the **optional** list.

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.