

THIS BOX IS FOR A FAMILY IN NEED OF HUMANITARIAN ASSISTANCE

Ev sindoq alîkariya mirovî ya malbata ye

هذا صندوق هو للعائلة التي تحتاج مساعدة إنسانية

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 **add 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	
Medium towel	
Soap bars x 6 (no liquids)	
Toothbrushes x 8 (adult size)	
Toothbrush x 1 toddler size	
Toothbrush x 1 baby size	
Toothpaste (adult) x 5 large tubes	
Toothpaste (children) x 1 tube	
Deodorant (roll on only)	
Body puffs/scrunchies x 2	
Sanitary towels x 10 packs (approx. 18 per pack, i.e. about 180 in total)	
Comb	
Hairbrush	
Washing powder – large box (approx. 2.6/2.8 kg)	
Vaseline or non-branded equivalent (1 large or two small tubs)	
Blanket (adult size) can be NEW hand knitted	
Women's underwear x 1 pack	
Men's underwear x 1 pack	
Children's underwear x 4 packs (of various sizes)	
Colouring books x 4	
Felt tip pens x 1 pack	
Tupperware box (medium-large) you can pack some of the other items inside	
Photo of you and Arabic/Kurdish message printed from SAA website	
OPTIONAL items	
Deck of playing cards x 2 (if you can find these please pack them)	

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.