

Is this box for a (please circle)

Boy / Lawik (Kur) ولد Girl / Qîz (Keç) بنت Unisex / Qîz & Lawik / ولد & بنت

Please indicate which age baby this box is for

0-3 months	٠-٣ أشهر	0-3 MEH
3-6 months	٣-٦ أشهر	3-6 MEH
6-9 months	٦-٩ أشهر	6-9 MEH
9-12 months	٩-١٢ أشهر	9-12 MEH
12-18 months	١٢-١٨ أشهر	12-18 MEH

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 of the box only.

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. If your box has any extra space, consider filling it with more of the items that will be used quickly, like nappies – or add **optional** items.

Please do not add personal messages: print off one of our messages from www.samarasaidappeal.org/care-packs which has an Arabic and Kurdish translation and **add a photo** of yourself or group that have packed this.

Shopping List/Checklist

Please tick off items below as you pack them

ESSENTIAL items (please include ALL THE ITEMS from this list of essentials)	
Disposable nappies – 1 large box. <i>Please buy the right size for the baby's age: 0-3 months: size 1/3-6 months: size 2 / 6-9 and 9-12 months: size 3 / 12-18 months: size 4</i>	
Baby wipes x 4	
Disposable nappy sacks	
Nappy rash cream	
Towel	
Sponge	
Pack muslin squares	
Bibs	
Baby soap bars (no liquids) x 4 bars	
Pack baby vests/bodysuits	
Pack baby sleepsuits (all in one)	
Baby blankets (can be hand-knitted)	
Soothers/pacifiers (<i>choose appropriate age: either 0-6 months or 6-18 months</i>)	
Baby nail scissors	
Large box washing powder (i.e. 2.8 kg, no liquids/capsules)	
Baby toy with CE Label (small toys only, has to be suitable for babies)	
Cotton wool	
Photo of you and Arabic/Kurdish message printed from SAA website	
OPTIONAL items	
Baby sheet	
Travel changing mat	
Warm baby clothes	
Plastic spoons & bowls	

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.