

WHAT TO PUT IN A LIFELINE CARE PACKAGE:

Rechargeable torches	Cereal bars, energy bars
Batteries (AA & AAA)	Razors and shaving cream
Mobile phones (Factory reset)	Spray deodorant
Portable phone chargers	Wet wipes
Tablets (Factory reset)	Shampoo –normal sizes
Gloves	Shower gel
Hats	Toothpaste
Thick socks	Toothbrushes
Men's clothes	Lip salve
Men's underwear (boxers)	Moisturising cream
Women's underwear	Hairbrushes, combs & hairbands
Outdoor/Waterproof clothing	Dog food and treats
Winter coats	Travel mugs (non leaking)
Thermal underwear	Thermos flasks (1litre)
Boots, hardwearing shoes	Sweets
Trainers	Chocolate
1-2 person tents	Notebook and pencils
Sleeping bags	Dry bags
Roll mats	
Rucksacks (25-90 liter sizes)	

We would kindly like to ask that these items are NOT put into shoe boxes or wrapped up. It would be great if these items could be given in bags instead as our clients can then use them to carry their items!



Thank you!