

What to include:

Yes – pack me!	No – please recycle/charity shop
used winter clothes in excellent condition, washed winter/leather shoes (paired) in excellent condition complete with laces new clothes – please label clearly “new clothes” new shoes – please label clearly “new shoes” mattresses that are <i>stain free</i> wheelchairs in good working order, paired crutches, Zimmer frames sleeping bags with working zips that are clean and in good condition blankets, washed, and in good condition new underwear (with tags or in packaging only) essential baby items	summer clothes or shoes shorts or short skirts (below knee okay) stained garments items with missing buttons items with holes or frayed broken zips – please check all zips shoes that look tired or old, have holes, soles coming off or missing laces garments with dirty marks unwashed/smelly garments garments or shoes that look, scuffed, worn or old used underwear

If in doubt, leave it out!

We are keen for this aid to be a message of love, hope and encouragement to the people who receive it and do not want to send them our castoffs. The benchmark is whether you would feel comfortable giving it to a friend in this condition or whether you would personally wear it as it is.

So if you feel unsure about any item, please recycle it or take it to a charity shop. Feel free to call Samara on 07960 937 716 if you would like to check anything