

FearIsNotLove Essential Needs

Shelter Client Rooms

OTC medication (Travel Size)
Twin Comforters
Twin Sheets
Twin Mattress Protectors
Pillows
Bath towels, Hand towels, Face
Cloths
Dish Soap

Shelter Arrival Packs

Shampoo/Conditioner
Body Wash
Body Lotion
Loofahs
Journals
Water Bottles
Q-tips
Lip Balm
Hair Brush
Deodorant
Toothbrush
Toothpaste
Tampons/Pads

Clothing

All Ages/Genders
Winter Coats
Winter Boots
Jogger Pants
**Leggings
Tops
Hoodies
**Runners
Sports Bras
Slippers
**PJ's

Children/Teens

Kinetic Sand
Liquid Glue
SIM cards
Pre-paid Phone cards
Transit Passes
Earbuds /Headphones
Grocery Cards (Walmart/Superstore)

Baby

Baby Wipes
Diaper Rash Cream
Crib Mattress Protectors
Size 6 diapers ONLY
Formula
Baby Food (jars, pouches, snacks)
Baby Bottles/Sippy Cups
White Noise/Sleep Machines

Self-Care

Journals
Adult Coloring Books + Colored Pencils
Loofahs
Bath Bombs & Epsom Salts
Make up
Cross Stitch kits
Crochet Kits

**Due to health and safety concerns, we cannot accept used clothing and toys.*

**We cannot accept new or used furniture, small appliances and household items.*

**We do not take hotel/travel size due to the length of stay that clients are at the Shelter.*

To schedule a donation or for more information:

403-539-5130

donations@fearisnotlove.ca