

# FearIsNotLove Essential Needs

## Shelter Client Rooms

Baby Tylenol/Mortin  
Twin Comforters  
Twin Sheets  
Twin Mattress Protectors  
Pillows  
Bath towels  
Hand towels  
Face Cloths  
Dish Soap  
Hot Water Bottles

## 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  
Jogger Pants  
Leggings  
Tops  
Hoodies  
Runners  
Jackets  
Sports Bras  
Slippers  
PJs

## Children/Teens

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

## Baby

Baby Wipes  
Diaper Rash Cream  
Crib Mattress Protectors  
Size 4 diapers ONLY  
Formula - all brands  
Baby Bottles/Sippy Cups  
Vaseline  
Bibs

## Self-Care

Journals  
Adult Coloring Books + Colored Pencils  
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](mailto:donations@fearisnotlove.ca)