

# Collecting donations for refugees in northern France and Lesvos

*You can help by giving...*

## Hygiene

Toilet paper, tissues and wipes  
Shampoo, shower gel and hand gel  
Deodorant and toothbrushes



## Clothing

*mens (S/M SIZES ONLY)*

Jackets  
Gloves and Hats  
Scarves  
Jumpers  
Thermals  
Trousers  
T-shirts  
Socks  
Shoes and Trainers  
Underpants - NEW ONLY



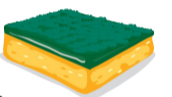
## Food

Salt  
Spices and herbs  
Dried Lentils  
Dried fruit  
Dried nuts  
Tinned tomatoes  
Tinned fish  
Olive oil  
Lemon juice  
Vinegar  
Honey  
Golden syrup  
Long life milk  
Tea and coffee  
Sugar



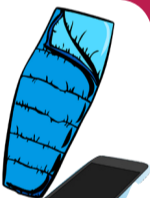
## Consumables

Large Bin bags  
Parcel tapes  
Permanent markers  
Sponges and scourers  
Washing up liquid  
Surface cleaners  
Kitchen towel  
Tea towels



## Camping stuff

Tents & Roll Mats  
Sleeping Bags  
Blankets & Backpacks  
Phones & Torches



*please no duvets, pillows, sheets, childrens clothes or other clothing not on this list*



## Drop your donations off at

Daily Bread Co-Operative  
Unit 3, Kilmaine Close  
Cambridge CB4 2PH  
Monday 9am to 4pm  
Tuesday to Saturday 9am to 5pm  
(Closed Sunday)



Argyle Street Housing (ASH) Coop  
3 Fletchers Terrace  
Cambridge  
CB1 3LU  
Monday to Friday 9.30am to 5pm  
(Closed Saturday and Sunday)



CamCrag works to help refugees in Europe. We organise weekends volunteering in Calais, collect donations and fundraise. The money we raise goes towards providing aid to refugees or supporting our convoys: We have no employees, and are entirely run by volunteers.

@camb4calais  
[www.camcrag.org.uk](http://www.camcrag.org.uk)