

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
Individually wrapped Ear Plugs
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 Spring
Jackets Sports
Bras Slippers
PJ's

Children/Teens

Movie passes
Little Tyke's Kitchen Centre 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 5 diapers ONLY
Formula
Baby Food (jars, pouches, snacks)
Baby Bottles/Sippy Cups
White Noise/Sleep Machines
Vaseline

Self-Care

Journals
Adult Coloring Books + Colored Pen-
cils
Loofahs
Bath Bombs & Epsom Salts
Make up
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