

# FearIsNotLove Essential Needs

## Shelter Client Rooms

Baby Tylenol/Mortin  
Twin Comforters  
Full/double duvet covers  
Twin Mattress Protectors  
Pillows  
Bath towels  
Face Cloths  
Liquid Hand Soap  
Hot Water Bottles  
Hair Dryers  
Shower Mats

## 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  
T-Shirts  
Hoodies  
Runners  
Jackets  
Sports Bras  
Slippers  
Pajamas

## Children/Teens

Movie Passes  
Transit Passes  
Bluetooth Earbuds/Headphones  
Phone chargers  
Gift Cards (Walmart/Superstore/Fast Food)

## Baby

Baby Wipes  
Diaper Rash Cream  
Crib Mattress Protectors  
Size 4-5T 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/Crochet 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)