Urgent Needs List

THE NEST (ONGOING NEEDS)	HEALTH CENTRE	TRANSITION SERVICES	CLOTHING ROOM	KITCHEN
☐ Toothbrush ☐ Toothpaste/mouth wash/dental floss ☐ Bar soap/body wash ☐ Shampoo/conditioner 2in1 ☐ Body lotion/sunscreen ☐ Shaving gel/shaving cream ☐ Deodorant ☐ Hair comb ☐ Shaver ☐ Lip Balm ☐ Face Cloth ☐ Tissues ☐ Nail clipper ☐ Hair ties ☐ Feminine products (pads & tampons) ☐ Indoor Slippers	□ Toothbrush (soft bristles) □ Toothpaste - regular and for sensitive teeth □ R&C 2in1 Shampoo + Conditioner (for headlice) □ Advil Liqui-gel, extra strength (pain reliever) □ Reactine (for allergies) □ Floss (satin) □ Pipe handle acupuncture needle (Dongbang .25 x 30 mm) □ Sunglasses for men □ Poligrip comfort strips (denture adhesive) □ 3M Steri-Strip (reinforced Skin Closures) □ Polysporin antibiotic cream □ Scabies cream □ Lip balm □ Tissue packages and boxes □ Reading glasses with the ff strengths: 2.25, 2.50, 2.75, 3.00, 3.25, 3.50, 4.00	Kleenex Paper towels Lamp Alarm clocks Brooms Dust pans Mops Dryer sheets Buckets All purpose cleaner Sponges Dish soap Rubber gloves Garbage bags	Winter wear Boots 29-34 Men's pants Hoodies Small women's clothing Runners Blankets Small hygiene products New underwear New socks	Coffee Bacon Sausage Margarine PB & J Cereal Granola bars



Urgent Needs List: The Madison

WELCOME KITS

□ Set of sheets for a single bed (new or slightly used)
 □ Pillow, pillowcase (new)
 □ Towels - can be a set or individual (new or slightly used)
 □ Larger bottles of shampoo, body wash, and conditioner
 □ Toothpaste and toothbrushes
 □ Plastic coat hangers

GENERAL NEEDS

Laundry Soap

□ Dinner Plates□ Bowls□ Coffee Cups□ Silverware/Cutlery

FOOD NEEDS

Mayo

Cereals

Ketchup

Jam

Peanut Butter

Tea

Juice Crystals

Hot Chocolate Powder

Baked Goods

