



WINTER NEEDS LIST

- Shampoo & Conditioner
- Liquid Body Wash
- Deodorant (men / women)
- Razors (men / women)
- Hand Lotion
- Nail Trimmers
- Hair Brushes, Combs
- Lip Balm
- Period Products (pads and tampons)
- Warm Gloves (men / women)
- Warm Hats (men / women)
- Warm Socks (men / women)
- New Underwear (men / women) (sizes XS, S, M)
- Warm Socks (men / women)
- Hand Warmers / Foot Warmers
- Blankets (Arctic Fleece - warm, easy to roll up and easy to launder)
- Adult Bus Tickets
- \$5 Tim Hortons Gift Cards
- \$10 Gift Cards for anywhere groceries are sold (Giant Tiger, Walmart, Dollarama, any grocery chain)