

FearIsNotLove Essential Needs

Shelter Client Rooms

4STk Fk W a 1? afd
Twin Comforters
Twin Sheets
Twin Mattress Protectors
Pillows
Bath towels, Hand towels, Face
Cloths
Dish Soap
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
Jackets
Bras
Slippers
PJ's

Children/Teens

Movie passes
Kinetic Sand
Liquid Glue
SIM cards
Pre-paid Phone cards
Transit Passes
Earbuds /Headphones
Android Phone chargers Grocery
Cards (Walmart/Superstore/
Movies)

Baby

Baby Wipes
Diaper Rash Cream
Crib Mattress Protectors
Size 4 diapers ONLY
Formula - All brands
Baby Bottles/Sippy Cups
Vaseline
Bibs

Self-Care

Journals
Adult Coloring Books + Colored Pen-
cils
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