



SHOE BOXES of Love

Suggested Items for shoe boxes of love

Research and feedback received from people affected by previous disasters shows that receiving a box of well thought out luxury items is much more beneficial to the healing and recovery process than many other types of donations.

Putting together a shoe box of love is lots of fun! Think about the items you use each day - which items can't you go without? These are exactly the types of items you could include!

Our lists below provide some suggestions on what you might like to include in your box. If possible, please include the items listed as 'essential' as a minimum, as this reduces the need for us to add in those items.

Suggested Boxes

Box for a baby (boy or girl)

Dummies, baby lotions and washes, barrier creams, disposable camera, bottle, teething gel, baby wipes, bibs, jump suits, socks, rattles, small teddy, booties, face washer.

Box for a child (male or female)

Essentials: Toothbrush, toothpaste, face washer or hand towel **Luxuries:** bubble bath, 2-in-1 or 3-in-1 shampoo and conditioner, socks, teddy bear, brush or comb, pencils, crayons, paper or colouring books, dolls, toys, reading books, stickers, skipping rope, bubble blowing liquid

Box for a female (adult or teenager)

Essentials: Toothbrush, toothpaste, shampoo and conditioners, soap or body wash, sanitary items, roll on deodorant, razor **Luxuries:** face washer/hand towel, small mirror, moisturiser, tweezers, bobby pins or hair ties, scented candles, mascara, blush, tinted moisturiser, emery boards or nail files, hair products, face wipes, lip gloss or chapstick, iTunes voucher

Box for a male (adult or teenager)

Essentials: Toothbrush, toothpaste, shaving cream, razors and shaving cream or shave stick, soap or body wash, roll-on deodorant, face washer or hand towel **Luxuries:** small mirror, handkerchiefs, magazine, pens, hat, sunglasses, socks, nail clippers, comb, hair product, tweezers, chapstick or paw paw ointment, iTunes voucher



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Box for a Grandparent (Grandma or Grandpa)

Essentials: Toothbrush, toothpaste, roll-on deodorant, shampoo and conditioner, soap, razor and shaving cream, face washer or hand towel **Luxuries:** Hair product (gel or spray), emery boards, hand cream, puzzle books, pens, travel size manicure sets, arthritis cream, denture cleaner, travel sewing kit, powder, moisturizer

Box for a pet

Single food sachets, lead, brush, comb, dog shampoo, toys, blankets (must be new), bowls, bottle of water, bird toys. Please note that for safety purposes, only flea, tick and worming treatments available from veterinary clinics and good pet stores will be accepted in pet boxes (Advantage, Revolution, Advocate, Frontline etc.)

Cleaning Care Packages

Our boxes are distributed by a range of reputable organisations. Often we are asked for "Cleaning Care Packages" to help get those affected back on their feet. Please use the following list of items as a guide when putting your Care Pack together. We understand that Cleaning Care Packages will likely require a larger box than a shoe box!

Quality toilet paper (Quilton or Kleenex), quality tissues (Kleenex, Quilton, Sorbent), rubber gloves, cleaning products (any of the Earth's Choice range are ideal), washing powder, fabric softener, stain remover, strong garbage bags, good quality paper towel, dustpan set, scented candles or melts, hand wash, sorbolene or barrier cream, stingoes, sunscreen, insect repellent, basic first aid kit (Panadol, Betadine/Dettol, Band-aids, Tweezers etc), torch and batteries.

Final thoughts

Don't forget to personalise your shoe box of love by writing your own note showing your support, and add it in to your shoe box, and clearly label your box with the intended recipient's age and gender (eg. Girl 3-5 years).

Please note we do not accept any second hand items.