

ESSENTIAL AID FOR GREECE AND FRANCE

CAN YOU HELP?

Please help by donating items from the list:

SHELTER & WARMTH

Tents / Sleeping Bags / Blankets
Tarpaulin

TOILETRIES & HYGIENE

Shampoo - Conditioner
Shower Gel - Soap
Deodorant M/F
Razors - Shaving Foam
Toothbrush/Toothpaste
Sanitary Towels
Adult Nappies

MEN, WOMEN & CHILDREN

NEW Socks and Underwear
(NO USED ITEMS)
New or Nearly New Flip Flops and Crocs
(CLEAN & IN GOOD CONDITION)
Trainers (CLEAN & IN VERY GOOD
CONDITION - NO HOLES, RIPS, MUD OR
STAINS)
Summer T-Shirts

BABY ITEMS

Nappies - Sizes 1, 2, 3, 4, 5, 6
Wet Wipes
Shampoo - Baby Wash
Baby Oil/Lotion
Baby Milk Powder and Ready Made Milk

FOOD ITEMS

Rice, Cous Cous, Lentils, Pasta, and Flour
Biscuits - Tea - Coffee - Sugar
Long-life Milk/Juice
Cooking Oil
Tinned Chick Peas/Kidney Beans/Lentils/
Pulses/Tomatoes/Fruit/Fish/Vegetables

ITEMS SPECIFIC FOR MRS - FRANCE

Torches / Batteries
Smartphone Chargers, iPhone 5 onwards.
Mobile Phones
Trainers
Water Bottles / Frying Pans / Saucepans
Camping Kettles / Cooking Utensils

FOOD

Dried Figs or Apricots
Nuts (All Varieties)
Dried Vegetarian Noodles
White Beans (Tinned)

We collect aid items for:
ATTIKA HUMAN SUPPORT in Greece & MOBILE
REFUGEE SUPPORT in France

Please donate for shipping costs so we can
continue to send aid. You can donate via
Paypal info@ohob.org.uk
Bank Transfer 56-00-63 / 46605738

Drop off at one of our donation points - see our
Facebook group or website for a list of drop off
points.

All clothing must be clean and in good condition free from rips, tears and stains.

www.ohob.org.uk

For further information contact:

info@ohob.org.uk

 **Open Hearts Open Borders - Refugee Aid**

 **@OHOBPlymouth**

OHOB 

 **DS
Smith**
Plymouth

 **armadillo
SELF STORAGE**

 **QSTORE**
SELF STORAGE SOLUTIONS

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