

What to include:

Please choose a selection of items from the suggested lists opposite - this is not meant to be an exhaustive list (more ideas are available on our website) but please do not include anything from the 'NO' list.

Please visit our YouTube channel ([@teams4Utube](#)) to watch videos of example shoeboxes being made.



- Toothbrush & toothpaste
- Hair accessories/brush
- Soap & face cloth
- Stationery & paper
- Gloves
- Hat & scarf
- New socks/underwear
- A soft toy
- A small game
- Puzzle
- Small musical instruments
- Toy vehicle
- Small rubber ball/inflatable ball
- Sweets (use by date from March)
- A photo of yourself



- Candles
- Cooking utensils (no knives)
- Plastic containers
- T-towels (preferably decorative)
- Hairbrush
- Small toiletries/ soap
- Plastic utensils
- Bowls & cups
- Small Christmas decoration
- Small decorative item
- Washing up cloths
- Clothes pegs
- Headscarves
- New socks/underwear
- Jewellery
- Make-up



- Food (only exception is sweets)
- Medicines
- Military themed items (such as toy soldiers/tanks/ guns)
- Aerosols or anything highly flammable
- Sharp items
- Novels

Please ensure all items are in good condition and undamaged. All shoeboxes are checked and we reserve the right to remove any unsuitable items. Sometimes we may have to change a shoebox to meet our packaging requirements.