



## CARMICHAEL OUTREACH

1510 12th Ave, Regina, SK, S4P 0L5  
P: 306-757-2235 | F: 306-757-2205  
info@carmichaeloutreach.ca  
www.carmichaeloutreach.ca

# WHAT CAN I DONATE

In addition to monetary donations, we also accept various donations of new or used items to be used in our various programming, including our Housing Support Program and our Free Boutique!

### **Household Items**

Decorative items  
Pots and pans  
Dish sets  
Cutlery sets  
New/gently used kitchen appliances (toasters, etc.)  
New/gently used linens (bedding, towels, etc.)  
Curtains & shower curtains  
Movies, CD's, DVD's, etc.  
Electronics (e.g., small TVs)

### **General Supplies**

Bottled water  
Canned goods  
Sandwich/freezer bags  
Paper plates  
Disposable cups  
Disposable cutlery  
Disposable to-go containers (e.g., clamshell, styrofoam)  
Coffee supplies (grounds, sugar, creamer)  
Garbage bags  
Printer paper (letter size)  
New notebooks, sticky notes  
Art & craft supplies

### **Essentials**

Shampoo & conditioner  
Soap & body wash  
Razors & Shaving cream  
Deodorant  
Toothpaste & Toothbrushes  
Denture cleaner  
Diapers  
Pads, tampons  
Incontinence products  
Lotion/ moisturizer  
Sunscreen & Bug spray

### **Seasonal Clothing**

Shirts, pants, etc.  
Outerwear and jackets  
Shoes and boots  
New underwear & socks  
(NOT used)

### **Other Necessities**

Tents & Sleeping bags  
Travel mugs & water bottles  
Hand warmers  
Backpacks  
Motorized scooters, canes & walkers (no crutches)

## WE **DO NOT** ACCEPT:

Alcohol products	Medical supplies
Chemicals	Medication/ pills or vitamins
Used paint	
Used socks or underwear	Beds (mattresses, boxsprings, futons, hide-a-beds)
Sharps (e.g. knives)	Office furniture*
Sports Equipment	

*\*To inquire about donations of other furniture, please contact our housing support team at 306-757-2235 ext. 3*

## **DROP-OFF HOURS**

**Fridays: 9:30-3:30**  
(or until capacity is reached)

*Follow us on social media for updates and the announcement each month*

