

## **Ladies & Gents:**

1. Underwear & thermal underwear
2. Socks
3. Pyjamas (sizes xs,s,m)
4. Tee-shirts
5. Jumpers/sweatshirts
6. Tracksuit bottoms (med)
7. Gloves, hats & Scarves

## **Toiletries:**

1. Toothpaste/toothbrush
2. Deodorant
3. Shampoo/ conditioner
4. Shower gel
5. Hairbrush/comb
6. Facecloth
7. Hand towels
8. Disposable razors/shaving foam