



The regular rhythms that seafarers are used to are slowly returning but there are stubborn practices that can persist—such as extended contracts and lack of shore leave—depriving them of the full freedoms they are entitled to. We look forward to distributing your Christmas parcels to them, to remind them that others are thinking about them.

"Many thanks for the wonderful gifts. The crew loved it as it was packed with LOVE."  
 Captain Mamlatdar, M.V. Montreal Express -

**How to participate:**

Simply pack a bag (15"x12") suitable for a male. Thanks to some generous seamstresses, we have oodles of beautiful bags to share. You pay only the shipping charges. Order them from our website. To make your own bag, please follow the guidelines on our website.

**Parcel contents DOs:** Do enclose a **greeting card** along with new items in their original packaging from these four categories (about 2 items/category):

1. TOILETRIES: Ex. Toothbrush/toothpaste; razor/shaving cream; soap/shampoo
2. WARM CLOTHING: Ex. Toque; gloves; socks; scarf
3. SNACKS: Ex. Candy; chocolate; nuts; cookies
4. PLAY/LEISURE/GIFT: Ex. Headlamp/flashlight; calendar; "Bicycle" playing cards; Canada souvenir such as a magnet or keychain; Sudoku

**Parcel contents DON'Ts:** Don't include heavily scented items such as Irish Spring soap, office supplies, cleaning supplies/products, used items or unpackaged items such as a toothbrush, loose candy or home baking.

**We also accept gently used winter coats and warm sweaters of all sizes for men.**

Ship your parcels to us by November or take advantage of the free drop-off locations posted by mid-October at [www.ministrytoseafarers.org/christmas](http://www.ministrytoseafarers.org/christmas).

**Thank you for your generosity!** If you need further help or have a question, please contact Patty at [info@ministrytoseafarers.org](mailto:info@ministrytoseafarers.org), 514-849-3234 (office) or 438-887-7251 (cell).

**Parcel contents DOs:** Do enclose a **greeting card** along with new items in their original packaging from these four categories (about 2 items/category):

1. **TOILETRIES: Ex.** Toothbrush/toothpaste; razor/shaving cream; soap/shampoo; cologne/aftershave; face cloth (not white)
2. **WARM CLOTHING: Ex.** Toque; gloves; socks; scarf
3. **SNACKS: Ex.** Candy; chocolate; nuts; cookies
4. **PLAY/LEISURE/GIFT: Ex.** Calendar; "Bicycle" playing cards; compass; Canada souvenir such as a magnet or keychain; Sudoku; headlamp/flashlight

**Parcel contents DON'Ts:** Heavily scented items such as Irish Spring soap, office supplies, cleaning supplies/products, used items or unpackaged items such as a toothbrush, loose candy or home baking.

**We also accept any bulk donations of Toiletries, Warm clothing, Leisure or Snack items.**