



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.



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