

# Essential Items List

HARVEST 2026



## CUPBOARD ESSENTIALS

Sugar  
Tea  
Instant Coffee  
Biscuits  
Crisps  
Chocolate bars  
Sweets/Haribo  
Pot Noodles  
Spreads (jam, marmite, honey)  
Microwave meals  
Rice/Pasta  
Pasta sauces  
Tinned tomatoes  
Tinned tuna  
Baked beans/spaghetti hoops  
Fruit squash  
UHT milk  
Long life desserts (custard)  
Long life oat milk (small cartons)  
Butter Tinned fruit  
Ketchup/Brown sauce  
Sweet chilli sauce  
Mayonnaise  
Breakfast cereals  
Cleaning products  
Clothes/Dishwasher tablets

## WOMEN'S ESSENTIALS

Joggers  
Hoodies/fleece  
Jeans/leggings  
Sports bras  
New underwear/socks  
\*Sizes small/medium please  
Shampoo/conditioner  
Shower gel  
Deodorant/body spray  
Soap

## MEN'S ESSENTIALS

Joggers  
Hoodies/fleece  
Plain t-shirts  
Winter boots/shoes  
New underwear/socks  
Shaving gel/foam  
Shower gel/shampoo  
Deodorant/body spray

## OTHER ITEMS

Towels all sizes (new/nearly new)  
Gloves/scarves/hats  
Sleeping bags

Above is a list of items we are always in need of. All donations will be used to support people experiencing homelessness at Crossways, The Haven, or in the community.

Please contact us if you have other items you'd like to donate that are not on this list, or to arrange collection/delivery of your donations.

**EMAIL: [itacdonations@itac.org.uk](mailto:itacdonations@itac.org.uk)**