

Essential Items List

AUTUMN/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