



Calgary Urban Project Society (CUPS) is a not-for-profit Community Health Centre in the downtown core which provides services to the homeless and low-income population. CUPS relies greatly on donations from individuals and groups. We are looking for the following items on an on-going basis. To make a gift, please call 221-8780. For more information on CUPS, please visit [www.cupshealthcentre.com](http://www.cupshealthcentre.com)

**Clothing for all ages, genders and sizes:**

**Everyday**

Socks  
Underwear  
T-Shirts  
Jeans  
Sweat Shirts  
Sweat Pants  
Seasonal Footwear

**Work**

Work boots – steel toe  
Hard Hats

**Outdoor Winter Clothing**

Gloves  
Mitts  
Toques

**Personal Hygiene Items:**

Toothbrushes / Toothpaste  
Nail Clippers  
Lip Balm  
Feminine Hygiene Products

**Health Supplies:**

Band-Aids  
Kleenex  
Tylenol  
Infant Tylenol  
Antibiotic Ointments (polysporin)  
Vitamins  
Cough Medicine / Cough Drops  
Penetin Cream

**Children & Families:**

Receiving Blankets  
Baby Quilts  
Newborn Sleepers  
Newborn T-shirts  
Diapers  
Baby Wipes  
Formula  
Infant Car seats

**Other:**

Bus Tickets / Passes  
Towels  
Duffel Bags / Back Packs