



The Calgary Urban Project Society (CUPS) is a not-for-profit Community Health Centre 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 403-221-8780.

Donations should be delivered to the CUPS building at 128 – 7<sup>th</sup> Avenue SE. Vehicles must approach the building from 1<sup>st</sup> St. SE, travel south past 6<sup>th</sup> Ave., and turn right into the next alleyway. Please note that parking is limited to drop-off only. For more information on CUPS, please visit [www.cupshealthcentre.com](http://www.cupshealthcentre.com)

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

**Everyday**

Socks – children & adults  
 Shoe insoles  
 Underwear – children & adults  
 T-Shirts  
 Jeans  
 Sweat Shirts  
 Sweat Pants  
 Seasonal Footwear

**Work**

Work boots – steel toe  
 Hard Hats

**Outdoor Winter Clothing**

Gloves  
 Mitts  
 Toques  
 Coats  
 Boots

**Personal Hygiene Items:**

Soap  
 Toothbrushes / Toothpaste  
 Nail Clippers  
 Lip Balm  
 Feminine Hygiene Products  
 Shampoo & conditioner  
 Hairbrushes & combs  
 Deodorant  
 Towels

**Health Supplies:**

Band-Aids  
 Kleenex  
 Tylenol  
 Infant Tylenol  
 Ibuprofen  
 Antibiotic Ointments (polysporin)  
 Vitamins  
 Cough Drops  
 Sunscreen  
 Hand lotion  
 Lip balm  
 Foot powder  
 Lice treatment  
 Penetin Cream  
 Twin-sized fitted sheets  
 Fleece blankets

**Children & Families:**

Children's clothing & backpacks  
 Receiving Blankets  
 Baby Quilts  
 Newborn Sleepers & shirts  
 Breast pads  
 Diapers – newborn, sizes 4-6  
 Baby Wipes  
 Formula  
 Infant Car seats  
 Infant toys  
 Rocking chairs

**Other:**

Bus Tickets / Passes  
 Towels  
 Duffel Bags / Back Packs  
 Grocery store vouchers