



**Parcel contents DOs:** Do enclose new items in their original packaging from these four categories:

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, Boy Bawang (Filipino snacks)
4. **PLAY/LEISURE/GIFT: Ex.** calendar, "Bicycle" playing cards, Canada souvenir such as a magnet or keychain, Sudoku, travel cribbage/peg board, compass

**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 or loose candy.



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