



## Welcome Kits for Refugees in San Diego

Each year, the International Rescue Committee (IRC) in San Diego welcomes over 1,000 refugees to our community from all over the world including Iraq, Syria, Afghanistan, Somalia, and several other countries.

Through generous contributions and donations from the San Diego community, the IRC is able to provide essential items to support newly arrived refugees as they adjust to life in their new home.

### How You Can Help

By donating basic items that everyone needs, you can help newly arrived refugees reduce costs associated with acquiring these necessities, leaving more funds available for other expenses such as food and rent.

### Donation Guidelines:

- All items must be new.
- Hygiene items must be full-size; travel-size items are not accepted.
- Please ensure each kit contains the same number of items for inventory purposes.

### Delivery

Donations may be delivered to the IRC on weekdays from 9am - 4pm. An appointment must be made ahead of time to ensure staff is available to receive your donation.

Please contact Laurel Dalsted at [Laurel.Dalsted@Rescue.org](mailto:Laurel.Dalsted@Rescue.org) or +1 619 641 7510 x242 to arrange your drop off. Unfortunately pickups are generally unavailable due to limited staff availability.



**Personal Hygiene Kit:**

- 1 Body Wash or 2 bars soap
- 1 Body Lotion
- 1 Shampoo
- 1 Conditioner
- 1 Deodorant
- 1 Bag Disposable Razors
- 4 Toothbrushes
- 1 Tube Toothpaste
- Feminine Pads (separate)

\*Please pack all items in a jumbo size, clear Ziploc bag, with the exception of feminine pads which can be delivered separately.

---

**Baby care:**

- Diapers—all sizes (greatest need is for size 3 or larger) in packs or cases (must be in original, sealed packaging)

---

**Backpacks & School Supplies**

- Every school-age child that arrives needs a backpack and basic school supplies
- Please contact [Laurel.Dalsted@Rescue.org](mailto:Laurel.Dalsted@Rescue.org) or +1 619 641 7510 x242 for details on how to assemble backpacks for refugee youth.

---

**Gift Cards:** In addition to the items above that nearly all families need, gift cards allow us to provide for emergency needs as they arise on a case by case basis.

- Walmart
- Costco (for English class snacks)

