



Donate Items to Assist 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.

Welcome Kit Guidelines:

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

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 or +1 619 641 7510 x242 to arrange your drop off. Pickups are generally unavailable due to limited staff availability.



Personal Care 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 gallon size, clear Ziploc bag or gift bag with handles, with the exception of feminine pads.

Baby care:

- Diapers - all sizes in packs or cases
 - Please leave in original packaging, do not split bulk cases into other bags
 - Sizes 3+ are needed more than Newborn - 2.

Items for a warm and cozy winter:

- Blankets - throw blankets are needed for extra warmth during the winter months. Please no comforters/duvets/quilts. New items are preferred and can be purchased affordably at Ross, Marshalls, etc.
- Large cooking pots - families of 6 or more are in need of extra large cooking pots to make meals for the whole family.

Walmart 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 and are a great way for those who do not wish to shop for specific items to easily contribute to a donation drive.

- Can be purchased in-store or online at [Walmart.com/giftcards](https://www.walmart.com/giftcards).
- Gift Card value of at least \$10 is preferred.

