



# Fill a Stocking Fill a Heart - Stocking Guidelines

## BASIC ITEMS NEEDED FOR EVERY STOCKING

♦ Socks	♦ Toothbrushes	♦ Shampoo
♦ Gloves	♦ Toothpaste	♦ Brushes/Combs
♦ Hats	♦ Bath Soap	♦ Additional Items from the Lists Below

**\*NEW ITEMS ONLY – Leave Unwrapped – BPA & LEAD FREE\***  
Stockings are checked for Safety, Age & Gender Appropriateness

**PLEASE Try to Return the Filled Stocking by the FIRST Friday In December!**

Early November returns allow us to process stockings for agencies with early December orders.

**Gift Suggestions for items that can be added to the above Basic Items:**

**Please NO Make-up, Lipstick, Perfume or Baby Powder for Health Reasons.**

**\*Items for Babies & Toddlers (age 6 months to 2 years):** Baby Safe Stuffed Animals/Toys with Soft Eyes only, Books, Balls, Blocks, Learning Toys and other Toys for the appropriate ages, Bottles, Bibs, Sippee Cups, Dishes and Utensils, Pacifiers, Hats, Mittens, Socks, Diapers, Small Packages of Baby Wipes, Wash Cloths, Blanket Sleepers, Sleepers, Onesies, Warm Clothing, Baby Blankets, Baby Shampoo, Baby Lotion or Wash. **BPA & LEAD Free Items Only**

**\*Items for Children ages 3 to 6 Along with Basic Items Above:** This might include Coloring Books and Crayons, Art Supplies, Books, Balls, Dolls, Legos, Cars and Trucks, Card Games, Travel Games, Water Bottles-BPA Free, Small Backpacks, Pillow Cases, and other FUN age & gender appropriate gifts. **Stuffed Animals needed for tops of stockings, too. (Especially Need BOY items This Year)**

**\*Items for Children ages 7 to 11 Along with Basic Items Above:** Chap Stick, Art Supplies, Card Games, Flashlights, Journals, Water Bottles-BPA Free, Small Backpacks, Small to Medium Nerf Balls, Legos, Hacky Sacks, & other Balls, Jump Ropes, Pillow Cases, and other FUN Age and Gender Appropriate Gifts. **(Especially Need Boy Items This Year) Stuffed Animals needed for tops of stockings.**

**MUCH NEEDED!!! Items for age 12 to Adults Plus the Basic Items Above:** School Supplies, Wallets, Small/Medium Purses, Watches, Store Gift Cards, Movie Tickets, Fast Food Cards, Bus Passes, Card Games, Hand Held & Travel Games, Journals, Small Alarm Clocks, Small Radios, Water Bottles-BPA Free, Flashlights, Batteries, All in One Screwdrivers, Tools, Pop-up & Cloth Laundry Bags, Cloth Shopping Bags, Nerf balls, Teen Backpacks, Pillow cases, Jewelry (no earrings), Nail Polish & Remover, Chap Stick, Lotions & Gels, Brushes, Small Umbrellas, Small Photo Frames & Albums, Word Find Books, Small Blankets, Towels & Washcloths, Calendars, and other FUN Age and Gender Appropriate gifts. **(Especially Need Teen & Adult Male Items) Stuffed animals needed for tops of stockings.**

**MUCH NEEDED!!! Items for Senior Adults plus the Basic Items Above:** non-slip socks, large print word search & crossword books with pens, large print calculators, large print playing cards, large piece puzzles, grocery store gift cards, plastic rain hats, magnifying glasses, handkerchiefs, calendars, stamps & envelopes, note cards, stationery w/stamps and pens, small lap blankets (35"x45"), pill boxes, wash cloths, flashlights w/batteries & night lights, mild moisturizing soaps & moisturizing lotions, and other nice senior gifts. **Stuffed animals are needed for tops of stockings.**

**MUCH NEEDED!!! Items for Homeless (all ages) plus the Basic Items Above:** Knitted Hats, Thick Socks & Gloves, Baseball Caps, Hand & Foot Warmers, Small First Aid Kits, Flashlights & Batteries, Backpacks, Small Hygiene Items, Plastic Rain Ponchos, Lotion, Sunscreen, \$5 Fast Food Cards, Hand Sanitizer, Small Kleenex, Water Bottles-BPA Free, Mylar Space Blanket, Small Blankets, Sun Glasses, Handkerchiefs, & Waterproof Disposable Safety Shoe Covers.

## Fill a Stocking, Volunteer or Donate - Help Fill A Heart With Joy This Christmas!

**What Can You Donate?** Any Quantity of Personal Hygiene Items, Knit Hats, & Gloves, Men's and Women's Socks and Cash Donations are much appreciated.

Our Biggest Needs are Stockings with Items and Gifts for Pre-Teen to Senior Adult.

**Want to Volunteer or Help?** Email us at [info@fillastocking.org](mailto:info@fillastocking.org), or leave a message at 503-632-0577.

### Average Number of Stockings Requested & Delivered to Agencies by Age Group

Age	Total	Age	Total	Age	Total
Infants	225	7-8 years	210	15-35 years	735
1-2 years	195	9-11 years	250	Adults	550
3-6 years	375	12-14 years	275	SR Adults	400

**Over 3000 stockings are distributed to the following Clackamas County Agencies. Some have multiple programs within their agencies:** Annie Ross House, Healthy Start, Clackamas County Community/Behavioral Health, Clackamas County Housing Authority, Clackamas County Independent Living, Clackamas County Juvenile Dept, Clackamas County Mental Health, Clackamas County Social Services, Clackamas Service Center, Clackamas Women's Services, Family Stepping Stones/NW Family Services, Inn Home-Homesafe Program, Inn Home-Springwater Trans Living, Milwaukie Center, Miracles Healing Horses, Options Counseling Services, Oregon Dept of Human Services, Parrott Creek Ranch, Pioneer Community Center, Rosemont Treatment Center & School, Sandy Community Action Center, Wilsonville Community Center