

# 20 things you have kept but don't use

- Back up pair of bathers
- The woolen coat you got when you were 20
- Your favourite CD's
- Wedding dress
- Books you thought you'd read again
- Kids baby teeth/ hair/ umbilical cord
- Kids certificates of participation
- Old birthday cards
- Juicer
- Spare pillows at the top of the linen cupboard
- Back up back up beach towels
- Good dinner set that can't go in the dishwasher
- High heels that are excruciating to wear
- Big white urn
- Plastic make your own icypole sets
- Old USB sticks
- The old spade with the split handle
- Your digital camera from 2006
- Computer programs that come on CD Rom
- Cook books that came free with appliances

# 20 pieces of paper you don't need

- Old insurance papers
- Old utility bills
- Tax returns from more than 5 years after lodgement
- Paperwork from a house you sold
- Centrelink paperwork (access online)
- Old superannuation statements
- Phone or internet bills
- Orders of service from weddings that aren't your own
- High school certificates
- Birthday cards
- Sheet music
- Birthday invitations
- Notebooks that 'might' have something important in
- University notes
- Course notes/ print outs from courses
- Every piece of art your child ever bought home
- Your own school reports
- Paperwork from old cars
- Cut outs from magazines/ newspapers
- Old CV's that you have kept copies of

# 20 things that have gone out of date

- Prescription medications
- Creams and pain relief
- Sunscreen
- Band-aids
- First aid kit
- Cake decorating supplies (icing/ sprinkles)
- Soft drink
- Vitamins
- Asthma medication
- Fire extinguishers, smoke alarms
- Car restraints
- Meat and fish in the freeze
- Prams and strollers
- Gift vouchers
- Text books
- Uniforms for single events
- Alcohol
- Batteries
- Insurance policies
- Catalogues

# 20 things your kids have outgrown

- Bike
- Scooter
- Toothbrush & toothpaste
- Gumboots
- 'Good' shirt/ dress
- Pillow
- DVD's
- Puzzles
- Board games
- That jacket you bought for school camp
- Sleeping bag
- Books
- Backpacks
- Cap/ hair ties
- Car seat
- Kids crockery and cutlery
- Camping chair
- Footy boots
- Licenced toys (Peppa Pig/ Bluey/ Paw Patrol etc)
- Devices

# 10 things a women's shelter might need

- Old mobile phone
- Work clothes and shoes
- Make up
- Shampoo and conditioner
- Small sample products
- Luggage
- Backpacks
- Furniture - to help them set up their new home
- Appliances - to help them set up their new home
- Your time and finances

# 10 things you could borrow from a neighbour

- Lawnmower
- Whippersnipper
- Vases
- Cake tins
- Platters
- Outdoor tables for parties
- Outdoor chairs
- Additional cutlery/ crockery for parties
- Blow up mattress
- Cookbooks