

Ukraine donations Essential Items List

MEDICAL

Paracetamol
Ibuprofen
Cold/flu treatment
Antiseptic cream
Bandages
Sterile dressings/plasters
Surgical tape
Wound closure strips
Multi vitamins
First aid kits
Lozenges
Vicks vapor rub
Barrier cream
Cough syrup

FOOD/DRINK

Protein bars
3 in 1 coffee sachets
Small packets nuts/raisins
Crunchy peanut butter - in plastic containers, not glass
Cup a soups
Dog food
Bottled Water

PERSONAL HYGIENE

Toothbrushes
Toothpaste
Wet wipes
Sanitary towels
Nappies
Shower gel

CLOTHING

Thermals
Socks
Fingerless mittens
Snoods
Warm shoe liners
Heavy denier tights - large size

OTHER

Torches
Waterproof ground sheets
Dry bags - dark colours!
Head work lights - preferably red light!
Basic £1 reading glasses
Mini gas stoves