

# Crates for Ukraine List (2 pages)

## Basic Wound Care Crate (MOST NEEDED)

Provide what you can from each list! You do not have to send each item on this list in a crate, **but please only send items from the list.**

The links below (underlined are Amazon links) are a suggestion and for reference only. You are not required to buy these exact brands.

1. Alcohol Wipes (Single Use Pads)
2. Sterile latex medical/surgical gloves (must be sterile type)
3. Neosporin
4. Medical Tape
5. Ace Bandage Wraps
6. Trauma shears
7. Bandages / Band Aids
8. Sterile gauze rolls
9. Trauma First Aid Kits with CAT tourniquet and Israeli bandage
10. Israeli emergency bandages
11. Cat 7 Tourniquet - Gen 7 (do not get off brand, must be original)
12. Chest seals
13. Hemostatic bandages (make certain to get this item or equivalent)

## Basic Meds Crate

Provide what you can from each list! You do not have to send each item on this list in a crate, **but please only send items from the list.**

The links below (underlined are Amazon links) are a suggestion and for reference only. You are not required to buy these exact brands.

1. Anti-Fungal/Anti-Itch Cream
2. Aspirin
3. Acetaminophen/Tylenol/Paracetamol
4. Ibuprofen
5. Iodine Tablets (also called Potassium Iodide)
6. A and D Ointment
7. Allergy Medication (preferably Benadryl, Claritin D, Zyrtec, Allegra)
8. Cough Syrup
9. Children's Chewable Multivitamins
10. Men's and Women's Multivitamins
11. Vitamin A / Vitamin B / Vitamin C / Vitamin D / Vitamin E
12. Band-aids / Bandages
13. Elastic bandages
14. Manual blood pressure cuff with stethoscope
15. Nasal airway kit
16. Syringes with needles, sizes 5ml, 10ml, 20ml, 60ml

## Crates for Ukraine List, page 2

### Basic Care Crate

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The links below (*underlined are Amazon links*) are a suggestion and for reference only. You are not required to buy these exact brands.

1. Teeth Hygiene

Toothbrushes

Floss

Toothpaste (Children and Adult)

2. Mylar Emergency Thermal Blankets

3. Tampons

4. Maxi Pads

5. Water Filters - Handheld/Filtration Straws (order online at Amazon or purchase at REI or other camping stores)

6. Baby Powder and Gold Bond Powder

7. Socks

Men's

Women's

Boys and Girls

8. Chapstick / Vaseline

9. Full Body wipes (not baby wipes)

10. Kleenex (Small and Thin Packs, Not Boxed)

11. Batteries

AA

AAA

12. LED Flashlight (with batteries)

13. Swiss Army Knife or Multi-tools

14. Hair Ties

15. Thermometer (Celsius)

16. Eye Drops

17. Water purification tablets

18. Electrolyte hydration tablets

19. Adult diapers - sizes regular, large, x-large