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## List of Needed Items

### Food

Most canned goods are not useful for a number of reasons, they are heavy and mostly contain water (we will pay to truck everything to trailhead, and then carry on backs and heads everything up-mountain). If expired or damaged they can become spoiled and make people sick. They are also often not the kind of food people are used to eating.

#### Bulk

- Powdered Baby Formula
- Powder milk
- Rice
- Corn Meal
- Oatmeal
- Farina
- Spaghetti
- Sugar
- Flavored Powder Drinks (Tang/Gator Aid etc)
- Cooking Oil
- Iodized Salt
- Seasoned Salt (Goya/Sazon etc)
- Seasoning cubes (Magi-chicken/beef etc)
- Canned: sardines/tuna/salmon/

### Household Materials:

- Bed Nets (insecticidal impregnated )
- Doorway Curtains (Insecticidal impregnated)
- Water Purifiers (gravity feed/couple gallon capacity)
- Bed sheets
- Blankets
- Towels
- Bathing bar soap
- Laundry bar soap (not liquid or powder)
- Rain coats
- Umbrellas
- Candles
- Household lamps – kerosene or led
- Pots w/lid
- Metal/Plastic Plates and bowls
- Spoons and forks
- Cutting knives of all sizes

### Clothing/Fabrics:

**Target:** No more than one quarter of container should be clothes. Balance with other items means the effort will SAVE MOST LIVES.

- Bolts of Fabric - Now that we have sewing machines and people ready to make clothes, bolts of fabric are a high priority. It stores and ships well, and will support these economic programs.

- Warm/Wet Weather - Raincoats, foul weather gear, sweaters, button-down/zippered jackets, knit caps, long sleeve shirts, tights, sweat shirts/pants, sports/trainer clothes, baseball caps. Not heavy winter stateside overcoats etc.
- Shoes - Practical, strong, good condition - hiking boots, work shoes, kids shoes, hiking boots, cross trainers, Teva sandal, Crocs!, reef shoes, quality flipflops.
- Baby/Kids Clothes - Good Condition, clean – sweaters, all kinds of baby clothes and shoes, shorts, pants, skirts, dresses, t shirts, button downs, jackets, jeans.

### Medications:

Some sources will donate items that are about to go out of date, or just went out of date...but are still highly useful. It's important that they've been stored well and are still safe.

- Amoxicillin (500 mg)
- Erythromycin (500mg)
- Cotrim(480mg)
- Paracetamol(500mg)
- Ibuprofen(400 et 200 mg )
- Nifed(10mg)
- Amox(sp)
- Cloroquine(150mg)
- Cotrim(sp)
- Asa (100mg)
- Flu syrup (sp)
- Pyrantel(sp)antivers
- Cimetidine(400mg)
- Hctz(50mg)
- Metronidazole(500mg)
- Thiabendazole(420mg)
- Neomycine(creme)
- Ketoconazole(creme)
- Naproxene(400mg)
- Gentamycine(colire)
- Benzoate of bencyl(sp)
- Steroids (creams)
- Enalapril(10mg) Co
- Asa(100mg)
- Penicilin injections
- Dipirone inj
- Dexametasone inj
- Cimetidine Co & inj
- Antiacid Co & sp
- Mtv Co & sp
- Antiparkinson Co
- Goutte eye and ear (antibiotic)
- Aspirin (coated tabs)

### Medical Materials:

- Adult/youth scales with height measures (rulers)
- Infant scales
- Sphygmomanometer with stethoscope
- Sterilizer
- Scissors
- Tweezers
- Box syringes
- Instruments for consultation (otoscope , speculum etc.)
- Suture supplies

**Thank you!**