

# Much Needed Items

## Food

- Chocolate bars, sweets and protein bars
- Biscuits – sweet or savoury
- Dried fruit – sultanas, raisins, prunes, apricots, etc
- Nuts – peanuts, hazelnuts, walnuts, cashews, etc
- Tins – with ring-pull opening only – baked beans, tuna, sweetcorn, peas, carrots, fruit

### **\*NOT needed food\***

- Tins of food which need a can-opener to open them
- Rice, pasta, tea-bags, coffee or any food that needs to be cooked/heated up
- Any fresh and perishable vegetables, meat, fish, etc

## Medicines/Toiletries

- Calpol (paracetamol) and Ibuprofen syrup (for children)
- Paracetamol and Ibuprofen tablets (for adults)
- Anti-histamines – eg Piriton syrup (for children), Loratadine & Cetirizine tablets (for adults)
- Antiseptics - liquid (in a bottle) and/or cream (in a tube) eg TCP, Dettol, Salvon, Germolene, etc
- Antibacterial wipes
- Glucose tablets
- Crepe bandages
- Hand sanitizer - liquid or gel
- Nappies – all sizes, baby-wipes and nappy sacks
- Sanitary towels
- Toothbrushes and toothpaste
- Prescription medicines – which will be distributed by the Ukrainian army medical team

### **\*NOT needed toiletries \***

- Shower gel, shampoo, liquid soap or bars of soap

## Clothing

- Warm socks (for adults)
- Warm hats, gloves and scarves (for adults)
- Thermal leggings (for adults)

### **\*NOT needed clothing\***

- Any other clothing for adults or children

## Equipment

- Batteries – all sizes – AA, AAA, C, D and car batteries
- Digital thermometers
- Blankets and sleeping bags
- Fitness mats or camping mats
- Rucksacks, large duffle bags and small pull-along suitcases on wheels
- Crutches and wheelchairs

### **\*NOT needed equipment\***

- Matches or cigarette lighters
- Children's toys