

All items must be new, high quality, clearly labeled, and well-organized when shipped

Medical Items (these items are needed immediately)

Large and extra-large vinyl gloves
Extra-large surgical dressings or maxi pads
Butterfly closures or sterile strips
Heavy duty Band-Aids
Large 4x4 gauze pads
Triple antibiotic ointment
Self-adhering bandages (like Coban wrap) or elastic bandage wrap (like Ace wrap)
Cotton bandage roll or rolled gauze

Over the Counter Drugs

Pain	Headache	Flu Symptoms
Advil	Excedrin (tension headache)	Oscillococcinum
Aleve	Bayer headache	Sudafed
Tylenol	Allergies/Hay Fever	Diarrhea
Arnica (topical)	Zyrtec	Immodium or generic loperamide
Rash, Burns, Cuts and Scrapes	Allegra	Pepto Bismol (liquid or pills)
Cortisone-10	Claritin	Wound Dressing/Injury
Desitin (diaper rash)	Benadryl	Large sterile pads for dressing
Antibiotic ointment (CVS)	Nausea/Heartburn	Elastic wraps for sprained ankle
Polysporin ointment	Dramamine	Steri-Strips
Antiseptic skin cleanser (CVS)	Nexium 24 hour OTC	Zinc wound wash (CVS)
Constipation	Pepcid OTC	Gauze pads; small and large
Dulcolax tablets	Rolaids	Gauze bandage rolls
Dulcolax suppositories	Mylanta	ACE ankle bandage
Stool softener (CVS)	Prilosec	Bite & Sting Relief Wipes (CVS)
Lactulose generic	Dehydration	Alcohol wipes
Magnesium citrate	DC Labs Formula 217	
	Pediatyle	
	Emergen-C Hydration	

Non Perishable Food Items

Canned meats
Nut butters
Protein bars
High quality, individually wrapped chocolates
Beans
Pasta
Etc.

New Clothing

High quality, attractive, warm clothing (puffer coats, women's tights and leggings, warm tops + all kinds of practical and sturdy men's clothing is highly requested)
Underwear, thermal underwear, warm socks – all sizes
Beanies & hats
Combat boots, warm boots, shoes and tennis shoes – all sizes

Toiletries and Personal Products

Diapers and wipes
Sanitary products
Toiletries (bar soap, deodorant, toothpaste and brushes, etc.)

Bedding

Blankets
Sleeping bags