



NEEDED ITEMS

For relief Shipments to Haiti
(January 18, 2010)

Dried Beans
Rice
Powdered Milk
Canned Milk
Peanut Butter

Over the Counter Medicines and Health Supplies
(6 month out expiration date or more)
Health Kits

Health Kits

1 hand towel and 1 wash cloth
1 tooth brush (in original wrapper)
1 tube of tooth paste (4.5 oz. or larger)*
1 bar bath soap (in original wrapper)
1 metal nail file or fingernail clippers
1 comb
6 adhesive bandages (Band-Aids)

* Tooth paste should have an expiration date beyond six months or more.

Place in 1 gallon plastic zip lo ck bag.



Over the Counter Medicines and Medical Supplies Suggestions

Antibiotic cream, Band-Aids, Gauze Bandages, Medical Tape, Ace Bandages, Aspirin (adult and child), Tylenol, Ibuprofen, All medicines and supplies must be in there original wrappers. These items will be distributed to clinics and medical facilities. Please no outdated or prescription medicines.



Individuals and teams will be needed to pack tubs with supplies for shipping. We also request donations to help with the cost. The basic cost for shipping is \$8.00 per cubic foot of supplies.

