

## Aid for Ukraine – list of required items

We are very grateful for the support and donations that have been given to support the people of Ukraine.

Aid providers have produced a list of required items and we ask that all donations are only items from this list.

### Personal hygiene products-

- soaps, shower gels, shampoos and hair conditioners, hairbrushes,
- toothbrushes and toothpaste, for children and adults, antiperspirants and deodorants (mainly for women but also for men)
- face creams and tonics, hand creams for women.
- sanitary towels, tampons, panty liners
- larger sanitary pads for women in puerperium and nursing pads (breastfeeding pads)
- wet wipes, nappies of various sizes, tissues, cotton pads

### Medical supplies

- first aid kits
- bandages, gauze and swabs, tourniquets, plasters, disposable gloves
- anti-pain, anti-fever and anti-inflammatory drugs for children and adults
- vitamins for children
- something for the cough, sore throat, stomach problems, nasal drops.

For children, to keep them occupied and distracted, to make them smile:

- colouring books and crayons/markers
- small puzzles
- small soft toys/ cuddly toys
- sweets: chocolates, bars, snacks, etc.

And also:

- baby porridge, baby rice, fruit/vegetable snacks in tubes (not jars),
- instant foods such as soups, etc.,

- long-term foods such as canned food, etc.,
- paper towels, cutlery and disposable plates

– sleeping bags, mats, blankets

– power banks, batteries, flashlights

Clothing in different sizes (please bring NEW items):

– women's and children's underwear

– cotton T-shirts, sweatshirts and tracksuits,

– thermoactive clothing

– cotton leggings for women

– women's slippers, children's and women's pyjamas

– bath towels

At the moment, we do not want used clothing.