



CORNWALL AND DEVON SENDING LOVE TO UKRAINE

AID LIST FOR NEXT CONVOY LEAVING ON 8TH MARCH – TRIP #10

FOOD

Please check use by / best by date for a few weeks after 8th March

- Pouched food
- Tinned vegetables e.g carrots
- Tinned fish e.g. tuna
- Tinned meat – e.g stews
- Dried pasta / rice
- Tea
- Salt
- Sugar
- Flour
- Savoury snacks, e.g., noodles, nuts, crackers
- Cereal bars
- Condensed/evaporated milk
- Confectionary, e.g., mints, fudge, fruit pastilles, chewing gum

CLOTHES

These must be NEW or CLEAN.

- NEW pants (male/female)
- NEW socks
- Winter coats
- Warm hats
- Warm gloves
- Other winter clothing

BABY PRODUCTS

- Baby formula - powdered and ready to use
- Food (in date for a few weeks after 8th March) – baby porridge, baby rice, fruit/vegetable snacks
- Nappies
- Nappy rash cream, e.g. Sudocrem
- Baby lotions
- Baby bottles
- Wet wipes
- NEW teething rings
- NEW baby and children's clothes
- Baby carriers and slings (in good condition)
- Travel cots (in good condition)

OTHER

- Clothes detergent
- Torches with batteries
- Hand warmers
- Solar / wind up torches
- Batteries
- Power packs
- Candles
- Water purification tablets
- "Aqua box" purification system

PERSONAL HYGIENE

- Toothpaste (children and adult)
- Toothbrushes (children and adult)
- Soap
- Shower gel
- Deodorant
- Shampoo
- Wet wipes
- Lip balm
- Talcum powder
- Foot powder
- Razors
- Roll-on deodorant

SANITARY PRODUCTS

- Sanitary towels / pads
- Tampons
- Nursing pads
- Adult pads

SLEEPING ITEMS

New bags only please

- Sleeping bags for adults
- Sleeping bags for children
- Sleeping mats / carry mats
- Survival blankets

MEDICAL ITEMS

All new and in sealed packages.

Over the counter items

- Anti-inflammatories and pain relief for adults and children e.g. paracetamol / Ibuprofen
- Indigestion relief
- Antihistamines
- Imodium
- Antiseptic cream / solution / wipes
- Plasters
- Bandages, gauze and swabs
- Disposable gloves
- Crutches
- First aid kits

Specialist medical items

- Trauma kits
- Trauma bandages
- Tourniquets
- Surgical glue
- Burns kits and dressing for adults and children

LARGER ITEMS

- Wheelchairs
- Solar panels with inverters
- Generators
- Outdoor stoves

