



## CUSSW HELPS IN HAITI LIST OF SUGGESTED DONATION ITEMS

### **IMPORTANT:**

- **Please do NOT donate bottled water at this time.**
- **Please ensure that all OTC medications are UNOPENED (no opened bottles of aspirin, etc.)**
- **Please ensure that all items prone to leakage or bursting are securely taped.**
- **All donated undergarments must be BRAND NEW.**

### **MEDICAL SUPPLIES**

- First Aid Kits
- Over-the-counter remedies (pain relievers, anti-diarrheals, cold medicine, etc.)
- Hydrogen peroxide, rubbing alcohol
- Bandages, band-aids and gauze
- Water purification tablets & rehydration salts
- Antibiotic and antifungal creams

### **FOODS**

- \*Right now, granola, cereal and protein bars are best for food \*
- For canned food, please bring canned food with TAB openings - soup, tuna, etc. (nothing requiring A CAN OPENER!)
- Rice, beans, pastas, cereals

### **PERSONAL HYGIENE**

- Toothpaste, tooth brushes
- Soap, deodorant, shampoo
- Feminine hygiene products
- Toilet paper
- Baby items: diapers, wipes, etc.
- Combs/Brushes
- Brand new underwear - adult (small & med.) and children sizes

### **POWER**

- Candles, matches, lighters
- Flashlights, batteries (A, C, D)

### **SHELTER**

- Sheets, blankets, towels
- Tents, sleeping bags, tarps

### **MISCELLANEOUS ITEMS**

- Kitchen utensils, garbage bags, tape, knapsacks, insect repellent, etc.

And last but not least **CLOTHING/SHOES OF ALL SIZES!!!**