

# Ukraine- List of Needs

## Medication and medical supplies (not open, new, not expired)

Emergency laceration closures  
Medical Sutures with needles (1/0-6/0)  
Skin stapler with wires  
Haemostatic dressings / Bandage cover  
Chest seal with vent  
Flu medication (Néocetran, etc)  
Wound seal in powder  
Antifungal cream for the feet  
Lactated Ringers Solution 1000 ml in bag  
Normal saline / 0.9% sodium chloride 1000ml in bag  
Bandages, gauze and wound dressing  
First Aid kits  
Disinfectant swabs  
Syringes  
First aid tourniquets  
Painkillers/Anti-inflammatories (Tylenol, Advil, Aspirin, Ibuprofen)  
Anti-allergy (Benadryl)  
Anti-diarrhea (Imodium)  
Cut and burn creams (Polysporin)  
Medical trauma scissors  
Portable defibrillators

## Survival products

Water filters for camping (or water treatment tabs)  
Sleeping bags (can be used, but in good condition)  
Flashlights (preferably solar)  
Waterproof headlamps (preferably solar)  
Raincoats for adults  
Elbow and knees protection  
Power banks (preferably solar)  
Tactic military gloves  
Ballistic eyewear (yellow, orange or transparent)  
Wide belts extra long or military belts  
Thermos for hot meals or beverages  
Fleece men/women jackets (green, grey, black with zipper)

## Baby products (new only)

New plastic bottles  
Zincofax, panadol baby nasal drops, ear drops,  
polysporin  
Diapers and wet wipes  
Baby formula (in powder and liquid)

Cereals and cookies  
Fruit pure (no glass jars)  
New clothes (0-3 yrs.)

### **Hygienic products**

Pads, liners, tampons  
Toothbrushes, toothpaste  
Antiperspirant (not an aerosol)  
Baby wet wipes  
Soap bars  
Socks for men, women, and kids (new)  
Underwear for men, women, and kids (new)

### **Dry food (does not require cooking)**

Fruit and/ or nut mix in individual packaging  
Energy or oatmeal bars  
Coffee/tea/sugar in individual packaging  
Cookies in individual packaging  
Instant oatmeal in individual packaging  
Cereals and other snacks in individual packaging  
Ramen instant noodles  
Individual cans of fish (tuna, salmon, Sardines)  
Instant mashed potatoes

### **Medication by prescription:**

Rapid Insulin (Novorapid, Toronto G, Humalog)  
Mixed Insulin (NPH)  
Long acting insulin (Lantus, Basaglar)  
Metformine  
Medication against diabetes (children & adults) Injection  
Antibiotics (Tazocin, Ceftriaxone and others)  
Antibiotics in tablet form (Amoxiciline, Clavoline, Cefprofloxacin, Cefixime,  
Azithromycin, Septra, Doxycyclin, Metronidazol, Clindamycin, Keflex)  
Antibiotic in cream form (Fucidine, Bactroban and others)  
Antibacterial bandages  
Antifungals (Nystatine, Mycostatine et autres)  
Antifungals in cream form (Clotrimazol, Canesten and others)  
Anti-burn ( bandages, creams Flamazine and other  
For the respiratory tract : pumps Ventoline, Flovent, Advair, Spiriva and others  
Antihistamines  
Cardiovascular  
Antihypertensives  
Cardiac glycosides  
Diuretics  
Heparin

Here is a list of items that can be found on Amazon (we update the list every week):

<https://www.amazon.ca/hz/wishlist/ls/34QNHJ5U3J18>

Your purchases will be delivered to Ukrainian Church, packed and shipped to the East of Ukraine via Poland.

Monetary donations for Ukraine can be done by e-transfer to: [Support.ua@atlanticukrainian.ca](mailto:Support.ua@atlanticukrainian.ca)

Each purchase matters! Thank you very much for your contribution!