

1. Personal hygiene

- Wipes
- Hand sanitizers
- Tampons
- Pads
- Diapers
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Disposable razors
- Comb
- Toilet paper
- Tissues
- Antiperspirant
- Nail clippers
- Towels

2. Food

- Water
- Baby bottles
- Baby formula
- Dry snacks
- Instant porridge for children
- Food for person with diabetes
- Protein bars
- Fruits
- Candies
- All type of nuts
- Dried fruits
- Beef jerky
- Cookies
- Powdered milk
- Neck pillow
- Power banks
- Instant coffee
- Tea
- Canned food
- Baby food

3. Medicines/First Aid

- Imodium, Pepto-bismol
- Antiacid: Tums, Pepcid
- Antihistaminic: Claritin, Zyrtec, Allegra, Benadryl
- Motion Sickness Medicine: Bonine, Dramamine
- Cough Drops, Suppressants, DayQuil, NyQuil
- Nasal decongestants
- Pain and Fever Medicine: Tylenol, Advil, Ibuprofen, Aspirin
- Mild Laxative: Sena, MiraLAX, Dulcolax
- Sedative or Sleep Aid: Melatonin
- Gatorade
- Thermometer
- Condoms
- Disinfectant and alcohol wipes
- Bandages & gauze pads different size
- Simethicone (gas and bloating)
- Itches, rashes and other skin irritation: Hydrocortisone cream, Calamine lotion
- Face masks
- Rubber gloves

4. Clothes

- Socks
- Underwear
- T-shirt
- Pants
- Coats

5. Items for kids

- Toys
- Crayons
- Coloring books
- Animal blankets
- Books in English or Ukrainian

6. Miscellaneous

- Disposable cutlery
- Bags with wheels
- sets for sewing
- Big trash bags
- Pet food

