



No More Deaths • No Más Muertes

Humanitarian Aid is Never a Crime

Supply Kits 2010

FOOD PACKS

Use gallon-sized closable plastic bag

Put 7–10 items in each pack, at least one from each line below.

- Sports drink/electrolyte-replacement drink
- Pop-top-lid meat, tuna, or other protein source
- Nuts, trail mix, dried fruit, chips, fig bars, or cookies
- Granola bars, fitness bars, or snack bars
- Applesauce, pudding, or fruit cup (with spoon; please place in extra bag—they tend to break and attract ants)
- Peanut-butter-filled crackers or cheese-filled crackers

PERSONAL BLISTER KITS

Use gallon-sized closable plastic bag

- 1 pair of socks
- 4–6 individual packets of antibiotic ointment (or antiseptic wipes)
- Gauze pads or 1 gauze roll
- 1 roll of tape or several large band-aids
- 10–15 cotton balls

FIRST AID KITS

Use small closable plastic bag

- 4 to 8 bandages
- Gauze pads
- Small first aid cream or ointment
- Alcohol wipes
- Sunscreen, chapstick, hand cream, or lotion
- Footcare creams, powders, or Moleskin
- Wrapped candy or throat lozenge
- Acetaminophen (Tylenol), ibuprofen (Advil), or aspirin packets

PERSONAL HYGIENE KITS

Use gallon-sized closable plastic bag

- Toothbrush (in wrapper)
- Small toothpaste
- Shampoo
- Soap
- Razor
- Comb
- Washcloth/hand towel (does not need to be new, just clean)

Please contact us at the phone number below with any questions about donations or how to get them to us.

www.nomoredeaths.org | (520) 493-5583 | action@nomoredeaths.org

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A ministry of the Unitarian Universalist Church of Tucson