



No More Deaths • No Más Muertes

Humanitarian Aid is Never a Crime

First Aid Supplies Needed 2010

- Blood pressure cuffs (automatic) and stethoscopes
- Glucometers and appropriate test strips
- Trauma scissors—small first-aid-kit size
- Acetaminophen/non-aspirin pain reliever—in unit dose sizes (2 tablets per envelope)—lots
- Ankle immobilizers (for badly sprained ankles)
- Ace wraps—all sizes
- Elastic knee and ankle supports
- Tape—both cloth and paper—1-inch size
- Foam surgical tape—2-inch size
- Handiwipes/adult care wipes/disposable washcloths—lots of small packages
- Wound-wash spray
- Tweezers (for spines and splinters)
- Envelopes of electrolyte replacement powder—each one to add to a liter of water
- Instant cold packs (for heat injury and for treating sprains)—lots
- Moleskin/molefoam—as much as we can get—we use a lot of this
- Exam gloves—vinyl M and L sizes
- Hand sanitizer—lots, all sizes
- Antifungal cream—small tubes
- Antifungal spray (for foot care)
- Anti-itch cream (Benadryl and hydrocortisone)
- Pepto-bismol tablets; Mylanta or Maalox tablets; famotidine or ranitidine tablets
- Cold tablets and throat lozenges
- Prenatal vitamins
- Arnica gel tubes ("ArniCare")
- Gauze, all sizes, squares and rolls
- SAM splints
- Band aids
- Antibiotic ointment
- Lip balm
- Eye drops

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

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A ministry of the Unitarian Universalist Church of Tucson