

Hope and Healing for Haiti

www.haitihope.net

Vine Abiding Ministries, Inc.

List of Most Needed Items

PLEASE PACK IN STURDY CARDBOARD BOXES WITH LIDS AND LABEL

Medical (over the counter)

Alcohol
Peroxide
Band-aids / gauze / cling wrap
Antibiotic ointment
Pain relievers
Vitamins
Anti-diarrheal meds
Surgical gloves
Surgical masks

Any Non-perishable Food Item

Powdered milk
Coffee / tea
Baby formula (liquid or powdered)
Rice
Beans
Tuna/salmon
Peanut Butter
Corn meal
Cereal
Pasta
Canned food
Powdered Gatorade
Granola Bars
High Energy Bars (non-melting)

Toiletries

Soap / Anti-bacterial hand sanitizer
Shampoo / medicated shampoo
Hand and body lotion
Toilet tissue
Q-tips
Cotton balls
Tooth paste and brushes
Hair picks / wide tooth combs
Headbands / ribbons / barrettes
Deodorant
Sanitary napkins
Disposable baby diapers
Phisoderm

Dry goods (used OK if in good shape)

Clothes
Shoes / sandals
Underwear
T-shirts
Socks
Cloth diapers/pins/plastic pans
Sheets / pillowcases
Pillows
Blankets
Towels / wash cloths

For cooking and eating

Cooking and Eating Utensils
Plastic cups / bowls / plates
Pots and pans
Manual can openers
Laundry detergent
Bleach

Manual hand tools

Shovels
Picks and rakes
Hammers
Sledge hammers
Wheel barrows
Tarps
Ropes
Bungee cords
Work gloves
Nails

Miscellaneous

Tents
Flashlights/bulbs/batteries (solar wind up works well)
Clean plastic 5 gallon buckets (w/ or w/o lids OK)
Garbage bags
Mosquito nets