



LIST OF ITEMS NEEDED:

MEDICINES:

**PAIN KILLERS • FEVER REDUCER • ANTI-INFLAMMATORY MEDS
IMMUNITY BOOSTERS • ANTI-ALLERGY MEDS
COLD/COUGH/FLU MEDS • ANTACIDS • HOT AND COLD PACKS
ANTIFUNGAL MEDS AND OINTMENTS**

VITAMINS:

MULTIVITAMINS • CA • MG • D3 • K • FISH OIL

MISCELLANEOUS:

**ANTIEMBOLISM STOCKINGS
BABY DIAPERS • FEMININE NAPKINS
SANITARY PADS • HYGIENE PRODUCTS • SOAP
SHAMPOO • TOOTHPASTE/BRUSHES • BLANKETS
WARM JACKETS • WARM CLOTHING • SOCKS
THERMAL UNDERWEAR**