

# MEDIAL KIT ITEMS NEEDED BY UKRAINIAN REFUGEES

(We will update this list as needs change)

## Medical Items (for medical training kits)

- Large and extra-large vinyl gloves
- Extra-large surgical dressings or maxi pads
- Butterfly closures or sterile strips
- Heavy duty Band-Aids
- Large 4x4 gauze pads
- Triple antibiotic ointment
- Self-adhering bandages (like Coban wrap) or elastic bandage wrap (like Ace wrap)
- Cotton bandage roll or rolled gauze

## Over the Counter Drugs

### Pain

- Advil
- Aleve
- Tylenol
- Arnica (topical)

### Headache

- Excedrin (tension headache)
- Bayer Headache

### Rash, Burns, Cuts and Scrapes

- Cortisone-10
- Desitin (diaper rash)
- Antibiotic Ointment (CVS)
- Polysporin ointment
- Antiseptic Skin Cleanser (CVS)

### Allergies/Hay Fever

- Zyrtec

- Allegra
- Claritin
- Benadryl

#### Flu Symptoms

- Oscillococcinum
- Sudafed
- Cough medicine

#### Diarrhea

- Immodium or generic loperamide
- Pepto Bismol (liquid or pills)

#### Constipation

- Dulcolax tablets
- Dulcolax suppositories
- Stool Softener (CVS)
- Lactulose generic
- Magnesium citrate

#### Nausea/Heartburn

- Dramamine
- Nexium 24 hour OTC
- Pepcid OTC
- Roloids
- Mylanta
- Prilosec OTC

#### Dehydration

- DC Labs Formula 217
- Pedialyte
- Emergen-C Hydration

#### Wound Dressing/Injury

- Large sterile pads for dressing
- Elastic wraps for sprained ankle

- Steri-Strips
- Zinc wound wash (CVS)
- Gauze pads; small and large
- Gauze bandage rolls
- ACE ankle bandage
- Bite & Sting Relief Wipes (CVS)
- Alcohol wipes