

**REQUESTS FROM UKRAINE:**

**Pack the items in sturdy boxes and clearly indicate what is in the box.**

1. Food:
  - a. Dry food
  - b. Shelf-stable food, preferably canned.
  - c. Serials
  - d. Noodles / instant food
  - e. Butter / milk / vegetables / mayonnaise / ketchup / mustard / fruits  
(supported financially, bought locally)
  - f. Potatoes / onion / carrots
  
2. Toiletries / hygiene products:
  - a. Shampoo
  - b. Toothpaste
  - c. Tooth brushes
  - d. (laundry) detergent
  - e. Washing powder
  - f. Toilet paper
  - g. Towels
  
3. Medicines:
  - a. Painkillers
  - b. Vitamines
  - c. Nutritional food.
  
4. Diapers, as well for kids as for adults.
  
5. Camp beds / Air beds
  
6. Sleeping bags
  
7. Flashlights
  
8. (Mini-) penlites
  
9. Generators 1 - 5 KW
  
10. Powerbanks (10.000 mAh)
  
11. Equipment for a Rehabilitation center: check [this link](#) for images.

**HELP US TO CONTINUE:**

12. Finances for car-maintenance.
13. Finances for transportation.

Updated: Oct 2023