

## RUSHMOOR and HART AID for UKRAINE

THESE ARE THE ONLY ESSENTIAL AID ITEMS WE ARE CURRENTLY COLLECTING

### GENERAL

Generators (can be sponsored, pm for details)  
Electric heaters  
UK/EU adapter plugs  
Head torches and batteries  
Wind up torches and radios  
Candles and lighters  
Phone power packs and phone cables  
Backpacks  
Wheelchairs  
Crutches  
12v car battery chargers  
Spectacles

### MEDICAL

Any medical items  
Basic first aid kits  
Paracetamol/ibuprofen/Calpol  
Cold/flu treatments  
Vitamin C tablets  
Field bandages, wound closure strips, sterile dressings, surgical tape  
Burns kits  
Antiseptic gel/cream/wipes  
**HYGIENE**  
Sanitary items  
Nappies  
Toothbrushes/toothpaste  
Wet wipes  
Shower gels and shampoo

### WINTER ITEMS

Waterproof boots  
Sleeping bags  
Winter coats and jumpers  
Winter gloves  
Woollen hats and scarves  
Emergency foil blankets  
Hand and feet warmers  
Thermal insoles  
Thermal underwear  
Thermal socks  
Hot water bottles  
Foam roll mats  
Knee pads  
Thermos flasks

**More importantly without your financial support we can't transport or buy essential aid to Ukraine**

**Please donate at <https://www.justgiving.com/crowdfunding/innalampard>**

**If you're considering buying food please donate money. It's quicker for us to buy food online and have it delivered in Ukraine**



**PLEASE PASS ON**

