



ITEM DONATION LIST

We are always in need of supplies to take on medical missions, including medications, bandages, toothbrushes and more. Here are the items that we are able to travel with and bring into the countries we serve:

- Cash to be used for medications, translators, transportation, etc. on trips
- Motrin 200mg, Children's Liquid Motrin
- Tylenol 500mg, Children's Liquid Tylenol
- Naproxin 500mg
- Aspirin 325mg/ 81mg
- Prenatal vitamins
- Iron, Folic Acid, Vitamin-D
- Chewable children's vitamins (non-gummy)
- Blood pressure medications
- Cholesterol medications
- Toothbrushes (all sizes)
- Toothpaste (small tubes preferred over larger tubes)
- Floss
- Ace wraps, arm slings, splints
- Unused needles and gauze
- Thermometers
- Bulb syringes
- Blood sugar meters, glucometers, lancets, strips
- Medical tape
- Band-aids, Q-Tips
- Eye drops
- Helper glasses
- Benadryl 25mg (tablets and liquid)
- Cetrizine 10mg, Zyrtec

If you have something you think we could use that's not on the list, please email benjamin@tihthisishealth.org.

To schedule a pickup or dropoff for supplies, please contact us.