

HYGIENE PRODUCTS

**TOOTHPASTE (FOR ADULTS & FOR
CHILDREN)**

TOOTHBRUSHES

SOAPS

SHAMPOOS

PADS

TAMPONS

DISINFECTANT

TISSUES

HAIR CONDITIONERS

BODY LOTIONS

NAIL CLIPPERS



FOR INFANTS & SMALL CHILDREN

BABY FORMULA

DIAPERS

COTTON SWABS

SOOTHING CREAM FOR INFANTS

WET TISSUES

FEEDING BOTTLES

PACIFIERS

TOYS (SMALL)



FOOD

**ONLY PRODUCTS THAT CAN BE EASILY
TRANSPORTED**

CANNED FOOD

NOODLES/PASTA

RICE

BUCKWHEAT, MILLET, BARLEY

MILK IN CARTONS

BREAD WITH A LONG EXPIRATION DATE

CEREAL

INSTANT OATMEAL



FOOD

INSTANT SOUPS

NUTS AND DRIED FRUIT

**FRUIT MOUSSE (FOR ADULTS AND
CHILDREN)**

CHOCOLATE BARS

CHOCOLATE

LOLLIPOPS

COFFEE

TEA

COCOA

DRINKS IN CARTONS



OTHER

CANDLES

MATCHES, LIGHTERS

BATTERIES – ALL KIND

FIRST AID BLANKET

TOURNIQUETS

BANDAGES

DISINFECTANTS

THERMOSES

POWERBANKS



CLOTHES AND COVERS

SEASON-APPROPRIATE CLOTHES

SHOES

NEW UNDERWEARS

BLANKETS

PILLOWS

COMFORTERS

PILLOWCASES

BED SHEETS

TOWELS

