



Practical Aid Priorities List

Food: Pasta, rice, tinned meat, tinned fish, tinned veg, flour, cooking oil, salt (with 1 year's best before date)

Medical: First aid kits, plasters, bandages, dressings, gauze, surgical gloves, masks, antiseptic creams, paracetamol, ibuprofen, Calpol etc.

Toiletries: Soap, toothpaste, toothbrushes, flannels, shampoo, sanitary towels, nappies, incontinence pads.

Winter Clothing and Footwear: for all ages.

Camping Equipment: sleeping bags, tents including small two man tents, camping stoves and cylinders, camping cutlery, torches, batteries, LED lights, candles, generators, power packs.

Household Items: cutlery, crockery, kettles, washing machines, tumble dryers, fridges, towels, bedding.

Please take to our warehouse: International Aid Trust, The Barn,
255 Moss Lane, Hesketh Bank, Preston PR4 6AE (tel: 01772 619888)

or your local drop off point.

For further information please contact the office tel: 01772 611000

Email: office@internationalaidtrust.org.uk