



## Practical Aid Priorities List

**Food:** Pasta, rice, tinned meat, tinned fish, tinned veg, flour, cooking oil, salt, biscuits (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.

**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 or your local drop off point.**

**Financial donations can be made through the 'Donate' page on our website [www.internationalaidtrust.org.uk](http://www.internationalaidtrust.org.uk). For further information please contact the office tel: 01772 611000 Email: [office@internationalaidtrust.org.uk](mailto:office@internationalaidtrust.org.uk)**