

**Requested Items List
(Medical)**

Hello, again! We are asking all team members to begin collecting over-the-counter medications and supplies for the trip. These meds are vital to our clinics. Be creative! You never know who will be willing to help. We've found over the years that many people want to give and help, but they just don't know how and where!

The following is a list of general medicines that we need:

<i>Adhesive bandages (e.g., Band-Aids®)</i>	<i>Decongestants</i>
<i>Antacids (e.g., Tums®, Rolaids®)</i>	<i>Diaper rash cream</i>
<i>Antibiotic creams/ointments</i>	<i>Ear drops</i>
<i>Antifungal creams/ointments</i>	<i>Eye drops</i>
<i>Antihistamines (e.g., Dimetapp®, Chlor-Trimeton®, Allerhist®, Tavist®, Benadryl®, Claritin®)</i>	<i>Hydrocortisone cream/ointment</i>
<i>Anti-itch creams/ointments</i>	<i>Multi-vitamins for adults</i>
<i>Anti-PMS (cramping/bloating) pills (e.g., Midol®)</i>	<i>Muscle rub cream (e.g., Aspercream®)</i>
<i>Anti-yeast creams (e.g., Vagisil®)</i>	<i>Nose spray</i>
	<i>Oral pain relief gel for adults (e.g., Anbesol®)</i>
	<i>Teething gel</i>

These are medical supplies that we need:

<i>Ace bandages</i>	<i>Medicine bottles</i>
<i>Gauze pads and wrap</i>	<i>Tape</i>

We especially need the following medicines and supplies for children and infants:

<i>Antihistamine liquid</i>	<i>Decongestant liquid</i>
<i>Cough and cold liquid</i>	<i>Medicine spoons/droppers</i>

These are medicines that we can purchase in bulk:

<i>Acetaminophen (e.g., Tylenol®)</i>	<i>Children's vitamins</i>
<i>Aspirin (e.g., Bayer®)</i>	<i>Ibuprofen (e.g., Motrin®)</i>

We will purchase children's vitamins in bulk from where we order the prescription meds. We can also purchase Tylenol and Motrin, along with children's chewable pain/fever reducer in bulk when we order the prescription meds.

I'm sure there are things I have forgotten. Just use your common sense. Think of the over-the-counter meds you use in your own home. Anything you might use the Haitians will most likely use as well. They are indigent and do not have easy access to any medication!

Please start now! We can't take too many meds with us and April 30th is not that far away!

THANKS, TEAM!

Mike and Becky Ingole

Whipping Post Ministries

Gospel Crusade Ministerial Fellowship