

#2 Basic Meds Crate

- Provide what you can from each list! You do not have to send each item on this list in a crate, but please only send items from the list.
- The links below are a suggestion and for reference only. You are not required to buy these exact brands.
- Please DO NOT mix items from the (3) lists. Each crate type should be packed with only items on that specific crate type list
- The list of needs is being updated often. If you already collected an item on an old list that does not appear below, go ahead and pack it and send it.

1. [Anti-Fungal/Anti-Itch Cream](#)
2. [Aspirin](#)
3. [Acetaminophen](#)/Tylenol/Paracetamol
4. [Ibuprofen](#)
5. [Iodine Tablets](#) (also called Potassium Iodide)
6. [A and D Ointment](#)
7. [Allergy Medication](#) (preferably [Benadryl](#), [Claritin](#), Zyrtec, Allegra)
8. [Cough Syrup](#)
9. [Children's Chewable Multivitamins](#)
10. [Men's and Women's Multivitamins](#)
11. [Vitamin A](#) / [Vitamin B](#) / [Vitamin C](#) / [Vitamin D](#) / [Vitamin E](#)
12. [Band-aids](#) / [Bandages](#)*
13. [Elastic bandages](#)*
14. [Manual blood pressure cuff with stethoscope](#)
15. [Nasal airway kit](#)
16. Sterile syringes with needles, sizes [3ml](#), [5ml](#), [10ml](#), 20ml, 30ml
17. Sterile syringes without needles, size [60ml](#)

** When packing Crate #2 Basic Meds, you will probably need to put only 40 pounds of meds in the crate, and then add Band-aids or bandages in Ziploc bags to fill the crate and keep it under 50 pounds.*

Pack in a Sterilite Foot Locker (any color is fine; Outside Dimensions: 31 1/4" x 17 5/8" x 13 7/8")

Walmart: <https://www.walmart.com/ip/Sterilite-Footlocker-Plastic-Black/16415912?athbdg=L1100>

Big Lots: <https://www.biglots.com/search/?Ntt=sterilite%20foot%20locker>