

BLESS A NURSE

This Christmas, send an extra shoebox for a nurse in Haiti.

1. Supplies need to be placed inside a plastic shoebox. You can wrap the box (lid separately) but wrapping is not required. Please do not tape the box closed. Deliver to Christ the Savior Lutheran Church by December 8.
2. To help cover the cost of shipping, please include a donation of \$16 – payable by check to Christ the Savior Lutheran Church with *shoebox* on the memo line.

NURSE SHOEBOX PACKING LISTS:

Miscellaneous Medical Supplies

- ✓ rubbing alcohol
- ✓ alcohol wipes/swaps
- ✓ Calamine lotion
- ✓ sterile gauze pads
- ✓ chromic absorbable sutures
- ✓ sterile blades
- ✓ cord clamps/umbilical tape
- ✓ mini first aid kit
- ✓ Band-aids of varying sizes
- ✓ antibacterial wipes
- ✓ elastic bandages

Over-the-counter Medication

- ✓ children's chewable Tylenol, ibuprofen or vitamins
- ✓ infant liquid Tylenol
- ✓ children's liquid ibuprofen
- ✓ adult and prenatal vitamins
- ✓ iron tablets
- ✓ powdered Pedialyte
- ✓ Neosporin or antibiotic ointment
- ✓ Benadryl liquid or tablets
- ✓ Benadryl topical lotion or gel
- ✓ hydrocortisone cream
- ✓ Kenalog ointment

- ✓ antifungal creams
- ✓ cough medicine
- ✓ Vicks VapoRub
- ✓ muscle/analgesic rub

Hygiene Items

- ✓ hand sanitizer
- ✓ toothbrush and toothpaste
- ✓ antibacterial bar soap*
- ✓ washcloth
- ✓ manicure set
- ✓ Coal Tar soap*
- ✓ travel size toiletries*

**please put soap and liquids into sealed plastic baggies*

Other

- ✓ infant formula
- ✓ protein powders
- ✓ flashlight
- ✓ batteries
- ✓ sunglasses
- ✓ umbrella
- ✓ French Bible
- ✓ small water bottle
- ✓ watch

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AS A CONVENIENCE YOU CAN CUT OUT AND USE THIS SHIPPING LABEL



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