***Items we need to collect for the trip to Cuba:***

As most of you know, a team of five people from our church will be visiting our sister church in Guanabacoa Cuba, from January 4-11, 2023. The pastor of our sister church has requested that we bring the following items, which are sorely lacking in Cuba, to the extent that we can:

**Items for collection for our sister church in Cuba – please bring to church by December 23.**

**For children’s activities**:

Paste—glue sticks, or school glues

Scotch tape—single sided, in different widths

Colored paper

Christian themed and other types of stickers

**Over-the-counter medicines—large bottles when possible (which will be doled out in small bags)\***

Acetaminophen (e.g. Tylenol) 500 mg. tablets *(containers of 200 or more pills when possible)*

Ibuprofen (e.g. Advil, Motrin) 200 mg. tablets *(containers of 200 or more pills when possible)*

Naproxen Sodium (e.g. Alleve) 220 mg. tablets *(containers of 300 or more pills when possible)*

Antifungal creams (e.g. Clotrimazol) 2 oz. or 60 gm tube

Triple antibiotic ointment 1 oz. or 28 gram tube

Hydrocortisone cream 1 oz or 28 gm or 2 oz. or 60 gm tube

Medicines for stomach (e.g. Omeprazol, Famotidine or Zantac) 20 mg. tablets

**Vitamins—large bottles when possible (which will be doled out in small bags)\***

Complete Multivitamins for adults and seniors

Complete Multivitamins for children –chewables (not gummies)

Vitamin C 500 milligram tablets *(large containers whenever possible)*

**Bed and bath items needed (should be new):**

Flat sheets for single beds *(not fitted because they may not fit the mattresses used)*

Sets of sheets for queen-sized bed

Bath Towels (**bath towels in Cuba should be thin: plush towels do not dry out)**

**Small toys for children for Epiphany (like our Christmas gifts) –** *there are over 50 children being served in a childcare program and 50 to 60 in Sunday school and church*

Inexpensive toys for children 3-5 years old (small toys under $10)

Inexpensive toys/items for children over 5 up to 13 years old (e.g. little books, toys, games, bracelets, etc.— under $10)

\***For the over-the-counter medicines and vitamins, save your money and the space needed to pack them by purchasing the larger bottles whenever possible. Also purchase the generic or house brands when you can because they are much more economical. The most reasonable places to purchase medications and vitamins are usually Walmart, Target, and Amazon.**

*You may contact Gretchen Fleming if you have questions about items to donate: 630-858-9377 or* [*gretchen\_fleming@yahoo.com*](mailto:gretchen_fleming@yahoo.com)*.*