



Helping Hand

For Relief and Development

Item Description	Packing Requirement	
1. Rice (10 LBs Bag)	Bags	*
2. Lentils (4 Lbs Bag)	16 x 12 x 12 (7 Bags in a box)	*
3. Sugar (5 LBs Bag)	16 x 12 x 12 (6 Bags in a box)	*
4. Salt & Spices	16 x 12 x 12 (Maximum weight 32 Lbs)	*
5. Halal Can Food	16 x 12 x 12 (Maximum weight 32 Lbs)	*
6. Cooking Oil (1 Gallon)	16 x 12 x 12 (4 Gallons in a box)	*
7. Tea	16 x 12 x 12 (Maximum weight 32 Lbs)	*
8. Dry Fruits (Small Packets)	16 x 12 x 12 (Maximum weight 32 Lbs)	*
9. Tetra Pack Milk	16 x 12 x 12 (Maximum weight 32 Lbs)	*
10. Honey	16 x 12 x 12 (Maximum weight 32 Lbs)	*
11. Cereal Boxes	16 x 12 x 12 (Maximum weight 32 Lbs)	*
12. Roasted Chick Peas	16 x 12 x 12 (Maximum weight 32 Lbs)	*
13. Small Juice Packs (8 to 12 oz's)	16 x 12 x 12 (Maximum weight 32 Lbs)	*
14. Gatorade	16 x 12 x 12 (Maximum weight 32 Lbs)	*
15. Dates	16 x 12 x 12 (Maximum weight 32 Lbs)	*
16. Biscuit	16 x 12 x 12 (Maximum weight 32 Lbs)	*
17. Granola Bar	16 x 12 x 12 (Maximum weight 32 Lbs)	*
18. Tents	24 x 18 x 24	*
19. Blankets (NEW)	24 x 18 x 24	*
20. Jackets (NEW)	24 x 18 x 24	*
21. Sweater (NEW)	24 x 18 x 24	*
22. Jeans (NEW)	24 x 18 x 24	*
23. Sweat Shirt (NEW)	24 x 18 x 24	*
24. Gloves (NEW)	24 x 18 x 24	*
25. Shawls (NEW)	24 x 18 x 24	*
26. Shoes (NEW)	24 x 18 x 24	*
27. Socks (NEW)	24 x 18 x 24	*
28. Towels (NEW)	24 x 18 x 24	*
29. Comforters (NEW)	24 x 18 x 24	*

30. <u>Baby Formula Milk</u>	16 x 12 x 12	*
31. <u>Diapers</u>	24 x 18 x 24	*
32. <u>Baby Bottles (NEW)</u>	24 x 18 x 24	*
33. <u>Flash Light & Batteries</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
34. <u>Sleeping Bags (NEW)</u>	24 x 18 x 24 (Maximum weight 32 Lbs)	*
35. <u>Bag Packs & School Supplies (NEW)</u>	24 x 18 x 24 (Maximum weight 32 Lbs)	*
36. <u>Over the Counter Medical Supplies</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
a. <u>Pain Killer</u>		
b. <u>Fever Reducer</u>		
c. <u>Bandages</u>		
d. <u>Anti-Septic Neosporin</u>		
e. <u>Anti-Itch Cream</u>		
f. <u>Similar over the counter products</u>		
37. <u>Water Purification Systems</u>		*
38. <u>Water Purification Tablets</u>	24 x 18 x 24 (Maximum weight 32 Lbs)	*
39. <u>Anti-Typhoid</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
40. <u>Anti-Cholera</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
41. <u>Anti-Malaria</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
42. <u>Anti-Tetanus</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
43. <u>Anti-Diarrhoea</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*
44. <u>Anti-Snake Venom</u>	16 x 12 x 12 (Maximum weight 32 Lbs)	*

NOTE: With our recent shipments, U-Haul boxes seemed to be the best quality boxes.