



Necessary Medication Packing List

Vitamins:

- Adult and Children Multivitamins
 - ✓ Always need these two. Most every patient receives a month supply of vitamins.
- Pre-natal Vitamins
- Iron Supplement
- Calcium Supplement
- Folic Acid

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100) Chronic Brigade	Medium Brigade (100 - 250)	Large Brigade (250 plus)
Vitamins	Infants = 4	Infants = 10	Infants = 30
	Children = 55	Children = 120	Children = 320
	Adults = 35	Adults = 75	Adults = 150
	Prenatal = 3	Prenatal = 25	Prenatal = 40

Anti-Parasitic:

- Albendazole
- Mebendazole
 - ✓ Both generally bought in Honduras upon arrival of your group.

Pain relievers:

- Acetaminophen (liquid and tablets)
- Ibuprofen (liquid and tablets)
 - ✓ Never enough of either Acetaminophen or Ibuprofen. Bring as much as you can get ahold of.
- Naproxen
- Piroxicam
- Migraine medication: Excedrin, almotriptan, sumatriptan
- Tramadol

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100)	Medium Brigade (100 - 250)	Large Brigade (250 plus)
	Chronic Brigade		
Pain medicine	Children = 20	Children = 50	Children = 150
	Adults = 36	Adults = 90	Adults = 225

Cough/Cold:—similar to pain medication, can never have enough

- Dextromethorphan
- Guaifenesin
- Phenylephrine

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100)	Medium Brigade (100 - 250)	Large Brigade (250 plus)
	Chronic Brigade		
Cough & cold medicine	Children = 20	Children = 45	Children = 75
	Adults = 15	Adults = 30	Adults = 75

Allergy:

- Loratadine (Claritin) 5mg, 10mg and diphenhydramine (Benadryl) 25mg are preferred
- Chlorpheniramine, Fexofenadine (Allegra), Cetirizine (Reactine) are also good options

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100)	Medium Brigade (100 - 250)	Large Brigade (250 plus)
	Chronic Brigade		
Allergies	Children = 12	Children = 30	Children = 50
	Adults = 10	Adults = 25	Adults = 50
Nasal Spray	3	10	15

Dermatology:

- Hydrocortisone Cream
- Antifungal Cream: Clotrimazole, miconazole, ketoconazole, nystatin
- Triple Antibiotic Cream: neomycin, bacitracin, polymyxin, mupirocin
- Lice Shampoo
- Betamethasone Cream
- Moisturizers (i.e. Eucerin or Cetaphil)
- Scabies Lotion—bought in Honduras

Medicines	Small Brigade (0 - 100) Chronic Brigade	Medium Brigade (100 - 250)	Large Brigade (250 plus)
Antifungal cream	15	25	70
Hydrocortisone cream	10	25	70
Antibiotic cream	8	15	50
Eucerin/moisturizer cream	8	15	30
Bethametasone cream	6	10	25
Scabies lotion	10	20	40
Acne cream	2	5	8
Lice shampoo	10	30	50

Gastrointestinal:

H2Blockers:

- Ranitidine 150mg, 300mg (Zantac)
- Famotidine 10mg, 20mg, 40mg (Pepcid)

Antacids:

- Tums
- Rolaids
- Mylanta

PPI'S

- Omeprazole
- Lanzoprazole

Others:

- Dramamine or other anti-nausea medications
- Propinox or other antispasmodics
- Oral Rehydration Salts
- Docusate
- Loperamide (Imodium)

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100) Chronic Brigade	Medium Brigade (100 - 250)	Large Brigade (250 plus)
Antacids	10	20	45
H ₂ blockers	25	45	120
PPI'S	10	15	45
Oral rehydration salts	4	8	30
Stool softeners	3	5	7
Anti-diarrheals	1	5	7

Antibiotics:

Type of antibiotic	Amount per brigade week
Amoxicillin 500mg	1500 caps
Amoxil (suspension)	150 bottles
Ciprofloxacin 500mg	500 tabs
Clarithromycin 500mg	150 tabs
Augmentin (suspension)	50 bottles
Augmentin (tablets)	500 tabs
Trimethoprim Sulfamethoxazol (suspension)	75 bottles
Trimethoprim Sulfamethoxazol (tablets)	500 tabs

Azithromycin 250mg	150 tabs
Metronidazole (suspension)	100 bottles
Metronidazole (tablets)	1500 tabs
Cephalexin 500mg	200 caps
Erythromycin 500mg	100 caps

- ✓ Try not to bring a lot of Cefdinir (Omnicef) because Doctors usually don't prescribe it

Heart and Diabetes:

- Atenolol 50mg, 100mg
- Aspirin 81mg
- Enalapril 10mg, 20mg
- Lisinopril 10mg, 20mg
- Hydrochlorothiazide 25mg
- Glyburide 5mg
- Glipizide 5mg
- Metformin 500mg
- Furosemide 20mg, 40mg
- Simvastatin 20mg, 40mg
- ✓ Please stick to this list. Avoid small amounts of the other types of heart/diabetic medication.

Amount of doses used per brigade day:

Medicines	Small Brigade (0 - 100)	Medium Brigade (100 - 250)	Large Brigade
	Chronic Brigade		(250 plus)
Hypertension	55	12	40
Diabetes	25	5	15
Cholesterol	2	5	7

Asthma:

- Albuterol inhaler
- Ipratropium bromide inhaler (Atrovent)
- Beclomethasone inhaler
- Singulair
- Prednisone

Amount of doses used per brigade:

Medicines	Small Brigade (0 - 100)	Medium Brigade (100 - 250)	Large Brigade (250 plus)
	Chronic Brigade		
Asthma	Children = 10	Children = 20	Children = 45
	Adults = 25	Adults = 20	Adults = 45

Miscellaneous Medication:

Type of medicine	Amount per brigade week
Vaginal Cream	100 tubes
Fluconazol	100 tablets
Artificial Eye Drops	200 bottles
Antibiotic Eye Drops	50 bottles
Ear Drops (earache relief, earwax removal, antibiotic ear drops)	25 bottles
Phenobarbital 100mg	1000 tablets
Phenitoin 100mg (Dilantin)	1000 tablets

Miscellaneous:

- Reading Glasses
- Toys, games
- Clothes, shoes—kids and women
- Hygiene Products
- Toothbrush and Toothpaste
- Soccer Equipment and Balls
- Baby diapers



- Spanish children books
- School supplies
- Nail clippers
- Stickers
- Candies
- Combs, barrettes, hair brush

Working Material:

- Ziploc Sandwich Baggies (5,000+)
 - Colored Baggies are preferred for photo-sensitive medications like vitamins.
- Grocery Bags (2,000+)
- Labels for medication instructions
- Pens, markers
- Duct Tape
- Scissors
- Garbage Bags
- Paper Towels
- Pill counter
- Measure cups
- Clip boards

Supplies:

- Stethoscopes
- Othoscopes
- Thermometers
- Sphygmomanometers (different cuffs sizes)
- Glucometers and supplies (test strips, lancets)
- Nebulizer
- Ear wash kits
- Pregnancy test
- Tongue depressors
- Alcohol swabs
- Iodine
- Gauzes (different sizes)
- Band aids
- Ace wraps
- Medical tape
- Small Suture equipment
- Hydrogen Peroxide



- 5 boxes of Gloves
- Hand sanitizer
- Paper towel

DON'T BRING:

- Hospital Supplies—catheters, blood vials, IV equipment, injections, etc.

Due to the large amount of groups doing brigades we have received a lot of these items. We recommend groups find somewhere in the US that would also benefit from such supplies.