

Suggestions for Tubs

Each year our mission teams build around 110 houses for poor families in Nicaragua. In addition to the homes, we ask each team to help supply much needed items for the families. We will provide household items, clothing, hygiene items, and school supplies for the families. We respectfully ask you provide new or gently used items for your adopted family. Please do not send things that are simply worn out. Tubs must be under 50 pounds. Following are suggested guidelines for your tubs. Tubs are provided by Project H.O.P.E. **Please label your tub as directed by your team leader.**

HYGIENE ITEMS

- Toothpaste, toothbrushes, dental floss
- Shampoo (in a plastic bag)
- Soap
- Deodorant
- Brushes/Combs
- Toilet paper
- Cotton Balls
- Make-up and nail polish
- Nail clippers
- Alcohol
- Peroxide
- Hydrocortisone cream
- Band-aids
- Antibiotic ointment
- Foot powder
- Anti-fungal foot ointment
- Vitamins (adult and children)
- Pain relief (Ibuprophen, Acetaminophen, Aspirin, etc.)
- Ear drops
- Eye drops
- Sunglasses
- Sunscreen
- Skin lotions/creams
- Sewing kit
- Shoe strings
- Baby wipes
- Sanitary napkins/pads
- Electric heating pad