



19360 Magnolia Grove Sq, Leesburg, VA 20176

Here's a **detailed list of supplies** that are urgently needed for the people of Jamaica in the aftermath of the hurricane Melissa — plus **why each item matters**. If you're planning to donate or support relief efforts, this should help you decide *what* to send and *why*. We are also looking for volunteers such as: Electricians, Carpenters, Plumbers, Counsellors (for mental health) and others who would like to lend a helping hand. Your donation is tax deductible. Thank you for your support. If you have any questions feel free to call the numbers below. Ways to donate – Zelle 407-353-5599; PayPal – mtspcamp@gmail.com or visit www.mtspcamp.com

Essential Supply List & Purpose			
Item Category	Specific Items	Why It's Needed	
Non-perishable Foods & Nutrition	Canned meats/fish, canned vegetables & soups, dry staples (rice, beans, oats, flour, sugar), baby formula & infant foods	Many people may not have access to cooking or fresh food; they need ready-to-eat or minimal prep foods.	
Medical & Health Supplies	First aid kits, bandages, antibiotics, over-the counter pain medications(diabetes, hypertension), hygiene kits, feminine hygiene products	With infrastructure damaged, access to healthcare and pharmacies is impacted; hygiene prevents disease.	
Shelter & Protection Supplies	Tarpaulin, blankets, sleeping bags, sturdy shoes,(water boots) raincoats	Many homes will be damaged, and people need temporary shelter or coverings.	
Lighting, Power & Communication	Battery-operated flashlights, extra batteries, solar lanterns, portable chargers, power banks & generators.	With power outages and infrastructure down, people need alternative lighting and communication.	
Hygiene & Sanitation	Soaps, deodorant, toothbrushes, toothpaste, diapers, toilet tissue, insect repellent, bulky trash bags	Preventing infection and disease is critical when water/sewage systems are disrupted.	



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Clothing & Personal Items	Underwear, socks, tee shirts, sturdy flip-flops or shoes, basic garments, protective gloves	Many may have lost their clothes and need basic replacements.
Tools & Repair Supplies	Rope, scissors, heavy-duty trash bags, basic tools (hammer, saw), chainsaws (for tree/damage clean-up)	After hurricanes, there's a lot of debris and damage; clean-up and temporary repair tools help set the stage for recovery.
Cash Donations / Gift Cards	Monetary assistance, prepaid debit cards	Sometimes the <i>most</i> effective way to help is cash — it allows local agencies to buy what's needed with less logistics complexity.