



List of essential items for TPN Ireland's Ukraine Appeal

We have been advised of the need for the following:

FOOD

- Tea and coffee (non-grained)
- Cans with an opener (soups, beans, stews, meatballs - ready meals in a tin)
- Food (porridge, rice, pasta, cereal, sugar)
- Soups (in packs dry)
- Baby food (formula milk in powder, baby food in jars, and in pouches)
- Sweets (chocolate, bars) all types of gluten-free and dairy.
- Food for pets - any type and for all our furry friends
- Disposable cutlery and plates, kitchen towels
- Conserves/preserves
- Energy bars

CLOTHING / BEDDING

- Sleeping bags, blankets, sleeping mat, thermal blankets
- Napkins of every size
- Baby clothes any ages - clean and washed please
- New ladies, men and kids underwear all sizes
- Scarves, coats, gloves, pullovers/sweaters
- Warm socks

HYGIENE / MEDICAL

- Personal hygiene products (hair shampoo, bath gel, soap, deodorants, toothpaste, and toothbrushes). NB: if sending shampoos/liquids, please wrap in clingfilm or put in plastic sealed containers.
- Dressings (bandages, sterilized gauze, disinfectants, plasters, wipes, sanitary items, hygienic females pads, tampons)
- Paracetamol, ibuprofen
- Milton tablets or equivalent

OTHER

- Toys for children, stuffed and cuddly - have to be clean and complete please
- Notebooks, blocks, crayons, colouring books.
- Batteries / Flashlights
- Powerbanks & cables
- Backpacks

Participating hauliers

Those hauliers participating in the Ukraine Appeal will collect or receive donations free of charge from the listed depots. These will be consolidated and forward transport to a distribution centre on the Polish-Ukraine border arranged.

1. Merris Engineering, Milltown, Co Galway, H54 DH28
2. A Transport, Athy, Co Kildare, R14 H593
3. Naas Truck Wash, Naas - Mike Moran is taking collections.
4. JS Ryan Freight, Castletown, Co Laois, R32 KA4C
5. Hendrick European, Whitestown, Co Dublin, A45 ED37. Simon 0877563248

Participating TPN Ireland members by region

1. **Wexford**, DHT Transport, Old Dublin Road, Enniscorthy, Ph 00353 539236809, Contact Hazel
2. **Waterford**, Storeall Logistics, Marine Point, Belview Port, Ph 00353 51 831210, Contact Eddie
3. **Cork**, TPN, Kilburry Enterprise Centre, Dublin Hill, Cork City, Ph 00353 21 422 1354, Contact Donal
4. **Cork North**, K&L Cargo, Mountleader Ind Est, Millstreet, Ph 00353 29 70163, Contact Gordon
5. **Kerry**, Garyowen Transport, Castletoen, Co Kerry, Ph 00353 66 7128666, Contact Jamie
6. **Limerick**, Abhann Logistics, Amhann Road, Raheen Ind Est, Limerick, Ph 00353 61309026, Contact Gertrude/
Mike
7. **Tipperary South**, Francis Ely Transport, Ahnid, Thurles, Ph 00353 50445404, Contact Majella/ Francis
8. **Clare**, Eoin Gavin Transport, Woodpark co Clare, Ph 00353 61 713486, Contact Eoin
9. **Galway**, Langan Couriers, Oranmore Business Park, Oranmore, Ph 00353 9179 0009, Contact Rob
10. **Mayo**, East West Express, Ballymore Road, Charlestown, Ph 00353 94 925 4502, Contact Aine
11. **Sligo/ Leitrim**, Novapoint, Aughamore Business park, Sligo, Ph 00353 71 9304 929, Contact Sean
12. **Donegal**, Donegal Groupage, Carrickmore, St Johnstone, Donegal, Ph 00353 749148685, Contact Jolene
13. **Derry/ Antrim**, AM Transport, Unit 21, Port of Larne Business Park, Larne, Ph 00 44 2828262190, Contact Alex
14. **Fermanagh/ Tyrone**, Liam Connolly Roadfreight, 310 Gola Road, Lisnaskea, 00 44 4867722998, Contact
Andrew
15. **Armagh/ Down**, Allen Logistics, 64A. Old Kilmore Road, Moira, Ph 00353 4892 611520, Contact James
16. **Cavan/ Monaghan**, Clontibret Transport, Castleblayney, Monaghan, Contact Trevor
17. **Meath/ Louth**, Breffni Couriers, Unit 9, Tinure Business Park, Monasterboice, Ph 00353 416863350, Contact
Finbarr
18. **Longford/ Westmeath**, Quinn Transport, Blyry Ind Est, Athlone, Ph 00353906478862, Contact Mark, Katherine
19. **Dublin/ Wicklow**, Independent Express Cargo, unit 3 Orion Business Dublin 15, Ph 01 821 9999, Contact Kamil
20. **Kildare**, Deering Transport, Kildon, Nurney, Ph 00353 45526743, Contact Dave
21. **Carlow**, South East Freight, Augha, Bagenalstown, Co Carlow, R21 HP60, 059 914 6555, Contact Anne