

Pocket First Aid Kits for Ukraine

Plast, Ukrainian Scouting Organization - USA



The main purpose of this project is to provide Pocket First Aid Kits (PFAK) to those who are administering emergency care to individuals who are bleeding. This kit was designed by Dr. Dan Olesnicky, a Ukrainian Scout and Tactical Emergency Physician, whose team has been studying the ideal lightweight medical kit for over 20 years. These kits are designed to be small, light-weight, and usable by anyone.

The objectives for this project are:

1. Partner with your local community organizations to assemble as many of these PFAKs as possible.
2. Notify the local media of your service and spread awareness in your community.

Instructions on how to create a PFAK:

Please watch the instructional video before starting!

Two links are provided, in case of browser issues

<https://www.youtube.com/watch?v=aX1UGXrySYI>

<https://youtu.be/aX1UGXrySYI>

PFAK Components

- 1 quart size plastic bag for vacuum sealing
- 4 large or extra-large vinyl gloves
- 2 large surgical dressings (5" x 9")
- 4 butterfly closures
- 6 large heavy duty band aids
- 3 large gauze pads (4" x 4")
- 4 squeeze packets of antibiotic ointment
- 1 self-adhering bandage roll
- 1 rolled gauze
- 6 alcohol wipes
- 2 acetaminophen pills

Recommended Steps

- 1) Fundraise money or ask for donations of bulk quantities for all Pocket First Aid Kits supplies:
 - a) 100 PFAKs = ~\$500, or ~\$5 per PFAK
 - b) See link to an example of a wishlist at Amazon Shopping List with all the necessary supplies and quantities needed to make 100 kits:
https://www.amazon.com/hz/wishlist/ls/N235SU94BRB7/ref=nav_wishlist_lists_2
 - c) All of these supplies are also available at community pharmacies, WalMart, Costco, etc. Look at the pricing. These are less expensive if you purchase them in bulk. Consider asking for bulk donations.
 - d) Attachments:
 - i) Supplies Ask Letter
 - ii) Plast in Kind Donation Letter
- 2) Per the video, insert all items neatly into a quart-size vacuum bag including the contents list and seal.
 - a) Attachment:
 - i) Contents list
- 3) Buy or borrow a Food Saver or equivalent vacuum sealer
 - a) Check that the contents are accurate and check the quality of the seal.
 - b) Pack them to be as small as possible to fit in a pocket.
- 4) Find or purchase a 24x18x12 inch packing box, which should fit ~100 PFAKs. Any standard size packing box can be used, but keep the size of the box and number of PFAKs per box consistent.
- 5) Do not put anything else in the box. Attach completed 8x10" Packing Label and Packing List to the outside of the box:
 - a) Attachment:
 - i) Packing Label
 - ii) Packing List
- 6) Attach any stickers you may have been provided from your organization. Write a personal message or as many as possible on the box for those distributing this in Ukraine. It can be in English.
- 7) Share a picture of the box with media and your friends with hashtags #supportukraine, #standwithukraine, #stopthewar, #peaceinukraine, etc.
- 8) Contact ScoutsForUkraine@plastusa.org for information on where to ship your completed PFAKs.

Additional Information

News broadcast about the medical team:

<https://www.nbclosangeles.com/news/local/we-want-to-get-there-asap-socal-doctors-set-out-to-train-ukrainian-civilians-in-combat-medicine-need-supplies/2839371/>

Video of a recent Pocket First Aid Kit assembly operation:

<https://drive.google.com/file/d/1jux5bqBwqgYJT14a69jRSNUghyJOvt7H/view>

Please contact ScoutsForUkraine@plastusa.org with any questions.

We are happy to provide tips and work with your group to help this project be successful!

Stand with Ukraine!

For more information, please visit <https://aid.plastusa.org>. Thank you for your support!



On February 24, 2022, the Russian Federation invaded Ukraine and started an unjust war that has affected millions of innocent people. In response to these horrific enemy acts, Plast, Ukrainian Scouting Organization -USA has designated an emergency relief fund for critical humanitarian aid and personal protective equipment to help the growing crisis in Ukraine.

We would greatly appreciate your joining us in supporting Ukraine!

How you can help

We appreciate your support in the form of monetary donations, or donations/reduced pricing on medical supplies.

1. Monetary donations

All donations will be used for acquiring and supplying humanitarian aid and personal protective equipment. Plast Ukrainian Scouting Organization - USA is a 501(c)(3) not-for-profit and volunteer organization, with no administration costs to deplete donated funds.

There are many ways to donate: <https://aid.plastusa.org/plast-usa-aid-for-ukraine-scouts-for-ukraine-donate/>

2. Pocket First Aid Kits (PFAK)

This project was developed to provide PFAKs to those who are administering emergency care to individuals who are bleeding. This kit was designed by Dr. Dan Olesnicky, a Ukrainian Scout and trauma surgeon, whose team has been studying the ideal lightweight medical kit for over 20 years. These kits are designed to be small, light-weight, and usable by anyone. **Your assistance in obtaining bulk supplies for these kits would be invaluable!**

Components of individual kits include:

- 1 quart size plastic bag for vacuum sealing
- 4 large or extra-large vinyl gloves
- 2 large surgical dressings (5" x 9")
- 4 butterfly closures
- 6 large band aids
- 3 large gauze pads (4" x 4")
- 4 squeeze-packets of antibiotic ointment or 1 small tube
- 1 rolled gauze
- 1 self-adhering bandage roll
- 6 alcohol wipes
- 2 acetaminophen pills

3. Other Support

Please contact Plast USA headquarters to discuss other way we can work together at:

- Email: ScoutsForUkraine@plastusa.org
- Phone: 267-287-8334

We will be able to provide you with an in-kind donation letter for your support. Thank you in advance.

Stand with Ukraine!



(Date)

Subject: In-kind Donation Receipt Letter

This letter serves to acknowledge that _____
(Donor name)

has donated items to assist with Plast, Ukrainian Scouting Organization - USA's current projects to assist in providing medical and humanitarian aid to wounded soldiers, their families, and displaced persons in Ukraine.

Please be aware that IRS regulations prohibit charitable organizations from assigning a monetary value to in-kind donations. For your convenience, you may list the estimated value of your gift in the space below for your records.

Donated item(s):

Donor's Estimated Value:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Plast, Ukrainian Scouting Organization - USA is an organization built on exemplary international scouting principles with Ukrainian characteristics. Plast, the Ukrainian National Scouting Organization, was founded in Ukraine in 1911 and after World War II, was incorporated in the State of Michigan in 1950. Plast USA is both a 501(c)(3) organization and a public charity (section 509(a)2 of the Internal Revenue code). Our EIN is 38-1357001. There are presently 22 Plast Branches in the USA with membership numbering over 2,600 scouts.

More information can be obtained by contacting our home office in the USA or visiting our website at www.plastusa.org. If any questions arise, please feel free to contact us directly at ScoutsForUkraine@plastusa.org or 267-287-8334.

Thank you in advance! Stand with Ukraine!

Andrew Kozak
Chairman of the Board
Plast, Ukrainian Scouting Organization - USA

Contents List - please cut and place into each kit (you can add a sticker or personalize if you would like)

<p>АПТЕЧКА - НЕ НА ПРОДАЖ! Набір Невідкладної Допомоги хірургічні прокладки 2 бинт/марля 3 лейкопластирі 6 крем - антибіотик заліпки для тріщин шкіри 4 гумові рукавиці 4 (2 пари) самозаліпний перев'язочний бинт 1 згорнута марля 1 спиртові прокладки 6 ацетоміофан 2</p>	<p>АПТЕЧКА - НЕ НА ПРОДАЖ! Набір Невідкладної Допомоги хірургічні прокладки 2 бинт/марля 3 лейкопластирі 6 крем - антибіотик заліпки для тріщин шкіри 4 гумові рукавиці 4 (2 пари) самозаліпний перев'язочний бинт 1 згорнута марля 1 спиртові прокладки 6 ацетоміофан 2</p>
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Packing Label



**Scouts for
Ukraine**

501(c)(3) non-for-profit
ScoutsForUkraine@plastusa.org
Tel: 267-287-8384



**Donation
Not for Sale**

700 N. Cedar Rd.
Jenkintown, PA 19046
USA



POCKET FIRST AID KIT PACKING LIST

Number of Units: _____

Contents: Vacuum sealed medical kits, each unit containing:

- 4 vinyl gloves
- 2 surgical dressings
- 4 butterfly closures
- 6 band aids
- 3 gauze pads
- 4 squeeze packets or 1 tube of antibiotic ointment
- 1 self-adhering bandage roll
- 1 rolled gauze
- 6 alcohol wipes
- 2 acetaminophen pills

Net weight: _____ kg (1 kg = 2.205 lbs)

СПИСОК УПАКОВКИ МЕДИЧНОЇ АПТЕКИ

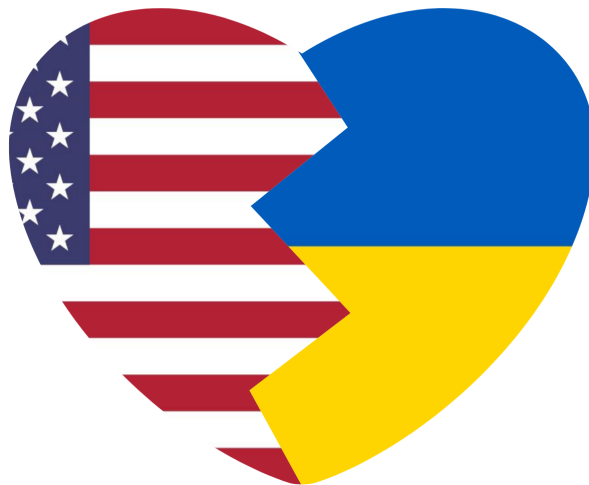
Кількість одиниць: _____

Вміст: вакуумні медичні аптечки, кожен з яких містить:

- 4 гумові рукавички
- 2 хірургічні прокладки
- 4 заліпки на тріщин шкіри
- 6 лейкопластирі
- 3 бинт/марля
- 4 малі пакети або 1 трубка крему антибіотики
- 1 самозаліпний перев'язочний бинт
- 1 згорнута марля
- 6 спиртові прокладки
- 2 таблетки, ацетемінофен

Вага нетто: _____ кг

ПЛАСТ США



PLAST USA