

## First Aid Kits for Ukraine

Rotary Club Olsztyn Varmia (Poland) & Rotary Zaporizhzhia-Khortytsia (Ukraine)  
District Poland 2231 & District Ukraine 2232

The aim of the project is to provide Ukrainian's regions that require intensive humanitarian aid with aid in the form of first aid kits in two sizes:

- **small, strapped to the belt**, without having to put it on a bulletproof vest,
- **large in the form of a backpack**, possible to put on the back, containing a wider range of medicines.

First aid kits are intended to be used not only by medics, but also by other people in the conflict area, who are able to provide emergency first aid, saving health and life.

**First aid kits are targeted aid, consulted with the Ukrainian side**, which is currently the most needed in areas of ongoing military operations: **Mariupol, Donetsk, Pokrovsk, Luhansk, Kherson, Nikolaev, Zaporozhye, Berdyansk, Melitopol, Wasyliwk, Energodar (as of early June 2022).**

President of **Rotary Club Zaporizhzhia-Khortytsia (Ukraine)** - Nila Prityla, currently lives in Poland in Olsztyn, and is a regular participant of meetings of Rotary Club Olsztyn Varmia. She coordinates communication with other Rotary members in Ukraine. She provides up to date information from the front, from the Zaporizhia region. Her husband Alexander Prityla (Past President, founder of Rotary Club Zaporizhzhia-Khortytsia) is currently fighting there.

**The composition of the first-aid kit was selected after a thorough analysis and consultation with a doctor** (Dr Anna Dudzińska-Filkiewicz, member of Rotary Club Olsztyn Varmia) and a paramedic with experience in the battlefield. Its composition is designed to allow the patient to survive until contact with a field doctor.

Finally, Magdalena Huk, Past President of Rotary Club Olsztyn Varmia **has been coordinating humanitarian aid to Ukraine** since the beginning of the war. She was born in a family with Ukrainian roots and strong traditions. Her family home was Przemyśl, located on the border with Ukraine, and her hometown was Lviv. She managed to organize a group of dozens of people, volunteers, people of great heart, who are united in bringing help. Help and transport to Ukraine of humanitarian help is done in cooperation with Caritas (charity organization) of the Olsztyn-Gdansk Greek Catholic Eparchy, the Bishop of the Greek Catholic Eparchy, the authorities of the city of Przemyśl, the Border Guard, and on the Ukrainian side Eparchy of Lviv.

**Product:**

Small first aid kit - bag - price per 1 item PLN 850 = ca. \$197 (@ USD/PLN 4.3)  
 Price 100 items PLN 85,000 (ca. \$19 700)

Large first aid kit - backpack - price for 1 item PLN 1,920 = ca. \$446 (@USD/PLN 4.3)  
 Price for 100 items PLN 192,000 (ca. \$44 600)

We will be able to provide the final composition at the time of purchase, because the inventory changes very dynamically, there are significant shortages in the planned products at wholesalers. The purchase price is the estimated price. By increasing the number of first aid kits, we will be able to negotiate the prices down. The small and large first aid kit will be assembled in Poland and sent to Ukraine via our established transport channels.

The total of 200 first-aid kits is only a small part of the huge needs, while the ease and flexibility of the design is so large that we are able to increase the number of first-aid kits with a larger budget. This project is the first starting batch of first aid kits, the goal of the club is to continue providing humanitarian aid to Ukraine in the field of health and life protection in the areas of military operations.

**Small first-aid kit - for belt** - price of 1 item, about PLN 850 PLN / \$197

- 1. "Israeli" 4 "bandage - 1 piece,
- 2. Combat tourniquet 3.8 cm x 95 cm - 1 piece,
- 3. Tape for stiffening in a roll 36 " - 1 piece,
- 4. Gauze 11.43 cm x 10.42 cm - 1 piece,
- 5. Adhesive bandage 2 "x 5" - 1 piece,
- 6. Medical tape 5.08 x 12.7 cm - 1 piece,
- 7. Atraumatic scissors 16 cm - 1 piece,
- 8. Emergency blanket 130 cm x 210 cm - 1 piece,
- 9. Manual resuscitator 22 cm x 17 cm - 1 piece,
- 10. Rubber gloves - 4 pairs,
- 11. Alcohol swabs 3 x 6 cm - 10 pieces,
- 12. Wound dressing 5 cm x 5 cm - 5 pieces,
- 13. product from mosquitoes and ticks – deet
- 14. Military Molle tactical bag with belt or backpack attachment - green - 1 piece



**Large green first aid kit - backpack** - price of 1 item about PLN 1,920 PLN / \$446

- 1. "Israeli" 4 "bandage - 1 piece,
- 2. Combat tourniquet 3.8 cm x 95 cm - 1 piece,
- 3. Tape for stiffening in a roll 36 " - 1 piece,
- 4. Gauze 11.43 cm x 10.42 cm - 1 piece,
- 5. Adhesive bandage 2 "x 5" - 1 piece,
- 6. Medical tape 5.08 x 12.7 cm - 1 piece,
- 7. Atraumatic scissors 16 cm - 2 pieces,
- 8. Emergency blanket 130 cm x 210 cm - 1 piece,
- 9. Manual resuscitator 22 cm x 17 cm - 1 piece,
- 10. Rubber gloves - 4 pairs,
- 11. Alcohol swabs 3 x 6 cm - 10 pieces,
- 12. Wound dressing 5 cm x 5 cm - 5 pieces,
- triangular scarf
- infusion fluid
- cannula
- syringe, needle
- disposable sewing kit
- dormicum
- painkillers
- medications for diarrhea
- cold medications
- adrenaline - in a syringe
- anticoagulants
- a set of operating underwear (t-shirt - 2, pants, panties - 2, socks - 5, protective glasses)
- rescue kit - shovel
- product from mosquitoes and ticks - deet
- Military tactical backpack



**Project Team:**

**Rotary Club Olsztyn Varmia:**

- **Anna Ciesielska - Past President of Rotary Club Olsztyn Varmia**, founding member – project coordinator.  
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- **Anna Dudzińska-Filkiewicz, MD, PhD, member of the Rotary Club Olsztyn Varmia**, Head of Maxillofacial Surgery, University Teaching Hospital in Olsztyn - medical consultation  
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- **Magdalena Huk - Past President of Rotary Club Olsztyn Varmia, founding member, Ukrainian by origin**, cooperation with Caritas Eparchii Olsztynsko-Gdańskiej, Greek Catholic Church, Caritas Lwow.  
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**Rotary Club Zaporizhzhia-Khortytsia:**

- **Nila Prytula - President of the Rotary Club Zaporizhzhia-Khortytsia** - currently staying in Poland in Olsztyn, coordinating communication with other Rotary members in Ukraine,  
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- **Alexander Prytula - Past President, founder of the Rotary Club Zaporizhzhia-Khortytsia, coordinating humanitarian aid in Zaporizhia, for the inhabitants of, among others:** Mariupol, Donetsk, Donbass, Pokrovska, Lugansk, Kherson and Nikolaev.