

MILITARY CARE PACKAGES SUGGESTED DONATIONS



SAMPLE FOOD, SNACKS AND DRINKS:

- BEEF JERKY / SLIM JIMS
- COFFEE (Ground or whole; instant or drip. Ground is preferred)
- POWDER DRINK MIX (Gatorade, Kool-Aid, Crystal Light)
- SUNFLOWER SEEDS & PUMPKIN SEEDS
- PROTEIN POWDER & PROTEIN BARS
- HARD PRETZELS / CHEETOS / FRITOS / CHEX MIX
- GUM / HARD CANDY
- GRANOLA / POWER BARS
- DRY SOUP: (Ramen Noodles / Cup-O-Soup: just add water)
- NUTS: Peanuts, Mixed Nuts (salted preferred)
- MICROWAVE FOOD (Popcorn, Chef-Boy-R-Dee)
- COOKIES
- OATMEAL PACKS (Instant: just add water)

SAMPLE TOILETRIES: NO HOTEL SAMPLES!

- BABY WIPES (travel size)
- HAND SANITIZER (travel size)
- BODY WASH / LIQUID SOAP
- SHAMPOO / CONDITIONER (travel size)
- HAIR GEL (for female troops to pull hair back)
- COMBS / BRUSHES / BOBBY PINS (in original packaging)
- DEODERANT (travel size)
- RAZORS (disposable or "Intuition" or "Mach 3" types)
- SHAVING CREAM IN TUBES
- LIP BALM / CHAP STICK
- BABY POWDER / FOOT POWDER (travel size)
- TISSUES (individual packs; travel size only)
- SUNBLOCK (SPF 45)
- BUG SPRAY
- MOUTWASH (travel size)
- BREATH MINTS
- LOZENGES / COUGH DROPS
- COTTON SWABS (i.e. Q-tips) - also used to clean guns!
- SHOE INSOLE CUSHION (gel kind is best)
- EYE DROPS (i.e. Visine)

ENTERTAINMENT AND SPORTS:

- BATTERIES: (AA, AAA, C & 9 Volt are the most requested)
- DVD MOVIES (new or used - recent releases only, please!)
- XBOX GAMES, PSP, PS2 & PS3 Games (new or used)
- 35 mm DISPOSABLE CAMERAS
- ELECTRONICS HANDHELD GAMES
- PENS / MECHANICAL PENCILS, SMALL NOTEPADS
- DAY PLANNERS / CALENDARS
- GAME BOOKS (Crossword Puzzles / Word Search Books)
- BOARD GAMES (UNO, Othello, Checkers - travel size)
- DECK OF CARDS (new only)
- FRISBEEES / BALLS / SPORTS EQUIPMENT

OTHER:

- LINENS: Pillow cases, twin sheets, towels (green & tan)
- T-SHIRTS: Cotton green & tan under shirts - new
- FLASHLIGHTS - SMALL (battery operated)
- AIR FRESHENERS (standalone- not plug-ins)
- SOCKS: Black, Olive Green & White (cotton or wool)
- SMALL TOYS (Beanie babies) for Iraqi & Afghan children
- ALARM CLOCKS (Small in size; wind-up or battery-operated)
- BLANKETS
- HOLIDAY / SEASONAL DECORATIONS
- K-9 ITEMS: Dog Treats, Toys, Shampoo, Flea Collars,
- CARDS & LETTERS:

The troops love to hear from all of us and mail brightens their days! These are the MOST IMPORTANT items we can send the troops & we can never have too many, so please keep writing!

Due to our Policies and Regulations, we CANNOT ACCEPT these items:

HOME-BAKED FOOD, GLASS BOTTLES or GLASS JARS, AEROSOL CANS or SPRAYS, EXPIRED FOOD, CANNED FOOD, LIGHTERS, MATCHES or LIGHTER FLUID, HOTEL SAMPLES, VHS TAPES or CASSETTE TAPES, CONTRABAND ITEMS (live plants, tobacco, knives, nudity, etc.), HARD-COVER BOOKS & MUSIC CDS