

## **Support Our Troops**

### More Suggestions for Care Packages

#### **Snacks/Drinks**

- Beef jerky, chips, cookies, crackers, dry cereal, dried fruit, nutrition/protein bars
- Mints, gum, hard candy, assorted canned nuts, instant/ground coffee and tea bags
- Flavored powdered creamer and sugar/sweetener packets
- Single packet powdered drink mixes (Crystal Light, Kool-Aid, Propel, Gatorade)
- Salt and pepper packets

#### **Recreational Items**

- DVDs, CDs
- Paperback books, current magazines
- Playing cards
- Puzzle, word find books
- Play station w/games (include batteries)
- Board Games
- Inexpensive watches
- Index cards (3x5 and 5x8)
- Stationary, greeting cards (they can send back home), pens
- 9x12 envelopes (no stamps needed)
- Small flashlights (reading at night)
- Batteries (AA, C, D, 9-volt)
- Stuffed animals (new – to send home to their children)
- Disposable cameras
- Frisbees, Nerf balls, squirt guns, small footballs
- Mini hand-held fans/misting fans

#### **Toiletries (travel sizes are best)**

- Antibacterial baby wipes
- Toothpaste, toothbrushes, mouthwash, dental floss
- Shaving cream (in tubes), razor blade cartridges (disposable or Mach 3)
- Shaving brushes (to clean weapons)
- Foot powder
- Cortisone Cream (anti-itch cream)
- Lip balm
- Sunscreen, sunglasses, eye drops
- Insect repellent wipes and non-aerosol spray (w/Deet)
- Advil, Tylenol, cold/cough drops, sinus meds, antacids
- Baby oil and baby powder
- Shampoo, conditioner, body wash, bar soap, lotion (body and hand)
- Cotton balls, Q-tips
- Deodorant (no aerosol cans)
- Dusting cloths (to remove sand)
- Pocket-size first-aid kit, nail clippers, toilet paper, toothpicks

\*\*\*If you are adopting female military personnel – remember feminine items especially toiletries from Bath and Body Works and AVON

#### **Clothing**

Dark boot socks, bandanas, brown or green t-shirts (all sizes)

#### **ITEMS NOT ALLOWED:**

No glass containers, liquid hand sanitizer, alcohol, pornography, aerosol cans, pork products, chocolate or anything that could melt in the heat.

ALL liquid items and anything that could spill/leak should be in zip lock bags.