

# ITEMS REQUESTED BY OUR TROOPS

Items in PURPLE are the MOST NEEDED & REQUESTED!

## FOOD and SNACKS:

Beef Jerky / Slim Jims

COFFEE single serve packets, Hot Chocolate packets, Herbal teas

Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)

Pumpkin Seeds / Sunflower Seeds (salted)

Tuna in foil pouches (no cans)

Protein Powders / Protein Bars / Cliff Bars

**\*NO CHOCOLATE PRODUCTS accepted from MARCH to OCTOBER (it will melt in high temperatures!)**

Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins

Gum and Hard Candy (must be individually wrapped)

Granola Bars / Power Bars / Cereal Bars

Small Packs of Fig Newtons, Oreos, Cheese-Its

Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies

DRY SOUP: (Ramen Noodles / Cup-O-Soup: just add water)

NUTS: Peanuts, Mixed Nuts (salted)

Easy open cans, i.e Dole fruit 4 oz size

**MICROWAVE FOOD** (Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese, or cake mixes...)

COOKIES (Girl Scout Cookies with chocolate: Oct. - Feb. only!)

Cheese & Cracker packs

Condiments, Spices; Sugar; Salad Dressing (no glass jars)

Oatmeal Packs (Instant: just add water)

Cereal (Small, individual boxes)

Rice Krispie Treats (Store-bought only)

Caffeinated gum or candy (to stay alert)

Baby wipes (travel size)

Liquid Hand Sanitizer (travel size)

Body Wash, Liquid Soap, Facial Cleanser

Shampoo /Conditioner (travel size)

Hair Gel (for female troops to pull hair back)

Combs / Brushes, Bobby Pins

Eye Drops (i.e. Visine)

Nasal Spray

Deodorant (travel size)

Razors (disposable: "Intuition" or "Mach 3" type)

Shaving Cream / Shaving Soap (in boxes or tubes; NO CANS of Shaving Cream, please!)

Cotton Swabs (i.e. Q-tips)

Band-aids, Gauze Pads, First Aid Kits

Lip balm / Chap Stick

Baby Powder & Foot Powder (travel size)

Loufa Sponges / Buff Puffs / Washcloths

Tissues (individual packs; travel size only)

Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel

Bug Spray / DEET / Skin-So-Soft

Hand & Body Lotion / Moisturizer (travel size)

Mouthwash with **no alcohol** (travel size)  
Toothpaste & Toothbrushes & Dental Floss  
VITAMINS (multi-vitamins are always needed!)  
Breath Mints / Breath Strips  
Lozenges / Cough Drops  
Nail files / Emery Boards / Nail Clippers  
Feminine Hygiene Products  
Cotton Balls  
Tylenol, Motrin, Advil or Aspirin Packets  
Moleskin  
Shoe Insole Cushions (gel kind is best)  
CVS Peas Hot or Cold Therapy Pack Medium (during the winter the soldiers use this to warm up their hands and feet)

### **ENTERTAINMENT and SPORTS:**

DVD Movies (new or used - recent releases)  
Xbox Games (new or used)  
PS2 Games (new or used)  
Portable CD players / head phones  
Small homemade gifts - little comforts of "home"  
Pens & mechanical pencils  
Stationery & Envelopes; blank cards to send home  
Double-sided tape  
Day planners / Small, Pocket Calendars  
Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku  
Yo-Yo's, Dominoes, playing cards, poker chips, dice  
Board games (UNO, Othello, checkers - travel size is great, too!)  
Nerf footballs / Whiffle balls / Mitts / Sports equipment  
Frisbees / Hackey sacks  
Electronic handheld games  
35 mm disposable cameras  
Flash Drives, Thumb Drives for laptop computers  
Linens: Pillow cases, twin sheets, towels (green & tan)  
T-Shirts: Cotton green & tan under shirts (Sizes: M, L & XL)  
Laundry Detergent: (Click [HERE](#) for types)  
Small Flashlights (battery operated)  
Air Fresheners type that plugs into the wall or solids  
Socks: Black, Olive Green & White (cotton and/or wool)  
Patriotic knick-knacks: USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners.  
Generic sunglasses  
Alarm Clocks (Small in size; wind up or battery-operated)  
Black or Green duct tape, small tool kits, dust masks, carpentry tools, Fly swatters, fly paper, mosquito netting, bug repellent in plastic pump bottles only **(NO AEROSOL CANS, PLEASE!)**  
Religious booklets, small bibles, inspirational readings  
Small toys & school supplies for Iraqi & Afghani children  
Small portable heaters & fans (110 voltage okay)

Winter Hats & Blankets (Yes, it snows in the winter over there!)  
Combat Application Tourniquets (black only)  
Holiday Decorations

### **K-9 items**

Science Diet *DRY* Dog Food, Kong toys, Latex Toys, Furminator® Brushes

### **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! Consider making a patriotic banner or poster to send in one of our care packages!

**TOILETRIES: HOTEL SAMPLES!** The maids replace daily, so let them.

**This list is specifically for troops registered with our organization and may not be copied or distributed without our permission**

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  
LIGHTERS, MATCHES or LIGHTER FLUID  
HARD-COVER BOOKS