

What you CAN and CANNOT send for care packages. We will try to send one a month. Please look over this carefully. If you have a question please get with Ashlee Wilson. She will be the main contact for any questions.

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
- TUNA & CHICKEN SALAD (in foil pouches, or ready-to-eat kits (no cans)
- PROTEIN POWDER & PROTEIN BARS
- **CHOCOLATE PRODUCTS accepted from OCTOBER through April** (it will melt in high temperatures!)
- Hot Chocolate packets, Herbal teas
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz
- Gum / Hard Candy (must be individually wrapped in large bags)
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers - Small Packs
- 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 preferred)
- MICROWAVE FOOD (Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese...)
- COOKIES / Girl Scout Cookies (with chocolate: Oct. - Feb. only!)
- Rice Krispie Treats (Store-bought only)
- Little Debbie® & Hostess® cake products
- Oatmeal Packs (Instant: just add water)
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated gum or candy (to stay alert)

TOILETRIES

REMEMBER NEVER MIX YOUR BOXES....IF YOU HAVE A BOX WITH BOTH FOOD AND A HYGIENE ITEM....THE FOOD ABSORBS THE SMELLS AND WILL TASTE LIKE SOAP!!!

- Body Wash, Liquid Soap, Facial Cleanser
- Baby Wipes
- Hand Sanitizer
- Shampoo /Conditioner (travel size)

- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins (in original packaging, please)
- Deodorant (travel size)
- Razors (disposable or "Intuition" or "Mach 3" types)
- Shaving Cream in Tubes / Shaving Soap (***No CANS of Shaving Cream, please!***)
- Lip balm / Chap Stick / Carmex / Blistex
- Baby Powder & Foot Powder (travel size)
- Tissues (individual packs; travel size only)
- Hand & Body Lotion / Moisturizer (travel size)
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft
- Mouthwash (travel size)
- Toothpaste & Toothbrushes & Dental Floss
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Loufa Sponges / Buff Puffs / Washcloths
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Cotton Swabs (i.e. Q-tips)
- Cotton Balls
- Band-aids, Gauze Cotton, First Aid Kits / Ace bandages, Icy Hot or Bengay cream
- Moleskin
- Shoe Insole Cushions (gel kind is best)
- Tylenol, Motrin, Advil or Aspirin Packets
- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins (multi-vitamins are always needed!)

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)
- iTunes® Gift Cards
- 35 mm disposable cameras
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones

- Electronic handheld games
- Small homemade gifts - **reminders & comforts of "home"**
- Small photographs or posters of scenery for their walls
- Pens & mechanical pencils, small notepads
- Stationery & Envelopes; blank cards to send home
- Double-sided tape, small crafts kits, scrapbooking items
- Day planners / Calendars / Small, Pocket Calendars
- Game Books: (Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku)
- Yo-Yo's, Dominoes, Playing Cards (new), Poker Chips & Mats, Dice
- Board games (UNO, Othello, Checkers - travel size is great, too!)
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks
- Music CDs, Magazines & Books

- **LINENS:** Pillow cases, twin sheets, towels (green & tan)
- **T-SHIRTS:** Cotton green & tan under shirts - new (**Sizes: M, L & XL**)
[Note: The DOD banned "Under-Armor" shirts due to its material being potentially flammable & bad reactions to open wounds.]
- LAUNDRY DETERGENT & FABRIC SOFTENER SHEETS
- **FLASHLIGHTS - SMALL** (battery operated. Surefire Brand preferred)
- **AIR FRESHENERS** (standalone- not plug-ins. Car types are good too.)
- SOCKS: Black, Olive Green & White (cotton or wool)
- **PHONE CARDS - Pre-Paid**
- Gift Cards to send home to loved ones (for Restaurants, Supermarkets)
- Small toys (Beanie babies) & school supplies for Iraqi & Afghan children
- Patriotic knick-knacks, USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners.
- Generic sunglasses (Ballistic, black only. No "mirrored" types)
- 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!**)
- Small portable heaters & fans (110 voltage okay)
- Blankets
- Winter Hats (**Yes, it snows in the winter over there! Hand knitted hats are welcome!**)
- Water Bottles & Travel Mugs & Thermoses with Lids, (for Coffee, Tea & Soup)
- Coffee Makers & Filters (110 voltage okay)
- Coffee Bean Grinders - small (electric or battery-operated)
- Microwave Ovens (55 pounds max; 110 voltage okay)

- Hot Pots - Small
- Elixir & Water Purification Tablets
- Combat Application Tourniquets (black only)
- Religious booklets, small bibles, inspirational readings
- Holiday and Seasonal Decorations
- K-9 items:
Dog treats, toys, shampoo, etc.
- **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 inside one of our care packages!

Note: Our troops do not need stamps as they're in war zones & may send mail home to their loved ones at no charge

Prohibited items that will be confiscated

Please do **NOT** send the following items to a Soldier in Iraq or Afghanistan. Packages are scanned and these items WILL be confiscated:

- Alcohol and alcohol-production products and ingredients (R, R1)
- Fruits, live plants and animals (M)
- Pork and pork by-products (H1)
- Pornographic and mature materials (including nudes and semi-nudes) (E2)
- Obscene materials and horror comics (C1)
- Non-authorized political materials (E2)
- Religious materials contrary to Islam in bulk quantities (E2)