

U.S. Military Care Package List

Food Items for Care Packages

- Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)
- Fruit: individual serving size cans of fruit, dried fruit (Note: Plastic fruit cups with the plastic seal are not recommended; individual-size cans are preferred.)
- Nuts, sunflower seeds, peanuts, trail mix
- Power bars, protein bars, nutritional bars
- Beef jerky, beef summer sausage (non-perishable; labeled USDA Beef)
- Single-serving bags of snacks, crackers, chips, snack mixes
- Pop Tarts, cereal bars, "milk & cereal" bars, granola bars
- Ramen Noodles, Cup-O-Noodles serving cups
- Ravioli and other canned ready-to-eat meals (canned/styrofoam single serving are best)
- Tuna lunch kits (inc. foil pouch of tuna, crackers, condiments in each single-serving kit)
- Canned sardines, smoked oysters
- Torengos® nacho-style chips and canned nacho cheese dip
- Jalepeno Velveeta® and crackers
- Taco Bell® Sauce Packets
- Seasoning salts, flavoring salts

Beverage Items for Care Packages

- Coffee, coffee mixes, tea
- Hot cocoa mix
- Lemonade mix, Koolade mix, Tang, Iced Tea mix
- Gatorade mix (powdered only)
- Crystal Light (or other brand) "On The Go" flavor packets (these come in a box of several sleeves of flavoring that can be added to a 16-20 oz. water bottle)
- Sugar and creamer packets for coffee

Clothing Items for Care Packages

- Cotton socks
- Underwear and T-shirts

Military-green cotton boot socks (try military surplus stores). Color of underclothing and socks is not as important as 100% cotton. Send fingerless gloves and stocking caps during winter months only.

Communication Items for Care Packages

- Disposable cameras
- Envelopes, paper, pens
- Small pads of paper
- Notebooks (a size they can keep in a pocket and keep dry)
- Drawing pads (small)
- Small, blank journals

All items must be new and in the original sealed packaging (except recreation items).
Homemade food items cannot be accepted.

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Recreation Items for Care Packages

- Hacky Sacks, Tennis Balls
- Deck of cards
- Hand-held games
- Gameboy Advance games
- Movie DVDs (new or used; original only)
- Music CDs (new or used; original only)
- Portable DVD Players
- Current magazines and paperback books are also nice . Please, no romance novels.

Baby Wipes and Hand Sanitizer for Care Packages

- Baby wipes for personal hygiene (alcohol-free)
- Liquid body wash (no pump-style dispensers)
- Liquid hand sanitizers (no pump-style dispensers)
- Disposable hand sanitizing wipes

Personal Care Items for Care Packages

- Sunblock
- Throat Lozenges
- Gum, Lifesavers, Mints
- Eye Drops (to relieve dry eye, not redness)
- Blistex, Chapstick, Carmex (in stick-tubes rather than tubs)

Foot Care Items for Care Packages

- Cotton socks, black, green, or white
- Boot liners/insoles
- Odor eaters for boots
- Lotrimin AF or Tinactin for athletes foot (tubes of ointment or cream, or the bottle of drops; please do not send the aerosol spray type)
- Medicated Foot Powder, Medicated Foot Swabs Moleskin (for pads on sore feet, you'll find it with Dr. Scholls type things at WalMart or drug stores)

Please purchase small or travel-size items for personal care. We try to send a new toothbrush in every package, so the demand is very high for toothbrushes. Toothpaste tubes get messy; the plastic "bottles" of toothpaste stand up better to the conditions of combat zones. The new "Brush Ups" are very popular and useful for the Troops.

**Please bring items by Sunday, September 10th
or bring items to packing party Saturday, September 16th**

We are also asking for monetary donations for help with the shipping costs.
This year, each care package costs \$17.35 to send.