

Support Our Troops

Suggestions for Care Packages

Snacks/Drinks

Beef jerky/Slim Jims/Turkey Jerky, chips, cookies, crackers, dry cereal, dried fruit, nutrition/protein bars, Tuna fish in packets (not cans), Salted pumpkin seeds/sunflower seeds, Granola bars, breakfast bars and power bars, trail mix, raisins, Pop-tarts, Condiments and spices (no glass), pretzels, snack foods (any kind!!), fruit roll ups, gushers, fruit snacks, oatmeal (instant and in packets), Ramen noodles/Cup-O-Soup (instant soup – add water), Hot chocolate packets, peanut butter (small plastic jars or tubes), Low-Carb foods, Microwaveable foods (Mac&Cheese, popcorn!!), chip dips in cans or tubes, Mints, gum, hard candy, assorted canned nuts, instant/ground coffee and tea bags, Flavored powered creamer and sugar/sweetener packets, Single packet powered drink mixes (Crystal Light, Kool-Aid, Propel, Gatorade), Salt and pepper packets

Recreational Items

DVDs (new or used), CDs (new or used), Paperback books (new or used), 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, X-box games (new or used), PS2 games (new or used), Travel size games (UNO, Othello, etc.), Portable CD players, Arts & Crafts kits/sketch pads, electronic games (handheld), comic books, Mad libs, Joke books, Pens and Mechanical pencils, Yo Yo's, Whiffle balls, Baseball and sports gear, Hackey Sack balls, Day planners and pocket calendars

Toiletries (travel sizes are best)

Antibacterial baby wipes, feminine hygiene products, breath mints/Listerine strips, 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, Chapstick, 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, 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, Zinc, Vitamins (any kind), electric shavers (battery operated), combs and hair brushes, Band-aids, Moleskin, toiletries bags/cases, tissues – individual packs, baby wipes, nasal spray, aspirin packets

***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), white cotton socks, black cotton or wool socks, generic sunglasses, shoe and boot insole cushions, Under Armor shirts, T-shirts for hospital use, Room deodorizers, ZIP Loc bags, Freezer baggies, battery operated fans,

Laundry detergent (powder only), fabric dryer sheets, fly-swatter/fly paper, toys and school supplies for children, twin size pillow cases, twin size bed sheets, duct tape, hair clippers (electric), flashlights, plastic utensils, paper plates

ITEMS NOT ALLOWED:

No glass containers, liquid hand sanitizer, alcohol, pornography, aerosol cans/sprays, lighters, pork products or pork by-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.