

# Suggested Items for Our Soldiers

## Canned Items

Canned fruit  
Chicken and/or packs; pop-top  
Peanut butter / Jelly  
Sardines  
Tuna and/or packs (tuna in pouches are best)

## Condiments

Cajun seasoning  
Catsup  
Garlic salt  
Honey packs  
Hot sauce  
Lawry's  
Mayo,  
Mustard  
Relish  
Salad dressings  
Salsa (don't forget the taco chips)  
Salt/pepper, sugar packets  
Spices  
Sweet N Low



## Ground Coffee (if they have a coffee-maker – be sure it's unflavored ground coffee)

*If you send coffee beans – be sure to send a  
coffee grinder*  
Tea / Hot Chocolate  
Instant Cappuccino  
Coffee creamer  
Hot chocolate mixes  
Instant coffee  
Tea bags

## Microwavable Foods

(if they have a microwave)

Mac & Cheese  
Popcorn  
Brownie mix  
Various mini dinners  
Instant oatmeal  
Instant soups / soups in pop-top containers



## Powdered Drink Mix Singles

Crystal Light  
Gatorade  
Juice boxes  
Kool-Aid  
Propel, etc.

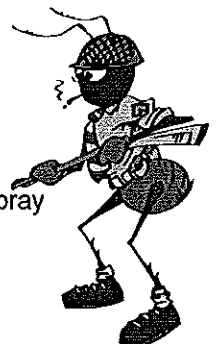
## Snacking Foods

Beef Jerky / beef sticks, summer sausage  
Cheese spreads / small Velveeta cheese blocks  
Dry Cereal  
Chex Mix  
Chips  
Cookies  
Crackers for snacking  
Doritos  
Dried fruit  
Energy bars / Cereal Bars / high protein bars /  
Granola Bars  
Fruit pies  
Gum, Hard Candy wrapped (no chocolate in  
summer)  
Little Debbie's & other snack cakes  
Nuts (all kinds)  
 pudding cups



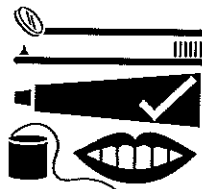
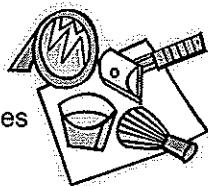
## Toiletries

Advil, Tylenol, Cold/Cough drops, Sinus Meds  
Antacids  
Antibiotic Cream (Neosporin)  
Anti-Bacterial Wipes  
Baby Oil, Baby Powder  
Baby Wipes  
Bath mat  
Bath/hand/wash towels (dark colors)  
Blankets for cooler weather  
Body Wash / soap (be sure to triple pack the  
soap and not put it near the food as it leaves the  
smell of soap on the food)  
Chapstick  
Clothes Pins/Line  
Contact Lens Cleaner  
Cotton Balls  
Dental Floss  
Deodorant  
Disposable hand and feet warmers  
DUSTING CLOTHS for removing the sand from  
everything and every surface  
Eye Drops  
Eyeglass Kit  
Face Soap  
Foot Inserts for boots  
Foot/Boot Powder  
Insect Repellent Wipes/ non aerosol spray  
with Deet (need in spring/summer)  
Imodium  
Laundry Soap / Fabric Softener  
Air Freshener



### **Toiletries continued**

Lotion for body and hand  
Mattress toppers  
Mirror  
Mouthwash  
Nasal Spray/Drops  
Packaged Wet Ones / baby wipes  
Pepto Bismol  
Pillow with pillowcase  
Pocket Size First-Aid Kit  
Puma Stones for feet  
Q-Tips  
Shampoo  
Sunglasses  
Sunscreen  
Toenail/Fingernail Clippers  
Toilet Paper  
Tooth Paste / Tooth Brush  
Tooth Picks  
Twin Fitted dark sheets  
Vitamins



**Men:** Razors, Shaving Cream in a tube, after-shave lotion (no fragrance)

**Women:** Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel

### **Suggested Clothing**

Hats, bandanna; Socks – white for PT; black for everyday wear with uniform

**Men's** T-shirts and underwear (all sizes)  
BROWN or GREEN colors for the T-SHIRT if possible. Proper issued military t-shirts can also be acquired at Army Surplus stores.

**Women's** sport bras and panties (all sizes)



### **Suggested Fun Time Materials**

Balls: soccer ball, baseballs, basketballs, volley ball sets, football

Batteries: AA- C -D -9 volt

Beanie Babies or stuffed animals (new please)

Board Games

Playing Cards

CD Player with CDs / send batteries

Dart Board with darts

Disposable cameras

DVDs (you can tape from television too)

Electronic/Battery Hand held games (include batteries)

Frisbee

Greeting Cards they can send back home (variety)

Mag flashlight bulbs,

Mailing Envelopes (no stamps) / Pens w

Stationary

Magazines (all kinds)

Mini Hand-held Fan or Water Misty fan

Nerf Balls

Packaged Poker Sets

Plastic bowls, spoons, forks, knives

PlayStation with games

Puzzle Books/Word Find Books

Sewing Kits

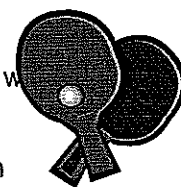
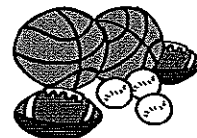
Small flash light for reading at night

Water guns

X-Box with games

Yo-Yo's

Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items



**What cannot be sent:** Pork products, alcohol, pornographic materials, liquid hand sanitizer, or aerosol cans (they may explode). Do not send products in glass containers (unless they are bubble-wrapped a few times. Package all food items that may leak in zip-lock bags. Put all liquid items in a zip-lock bag. Due to the extreme heat, chocolate is not mailed during the summer months.