



Wish List of Items for Soldier Care Packages

Due to Policies and Regulations, the following items
CANNOT BE SHIPPED and/or ACCEPTED:

HOME-BAKED FOOD
GLASS BOTTLES or GLASS JARS
AEROSOL CANS or SPRAYS
EXPIRED FOOD
CANNED FOOD
LIGHTERS, MATCHES or LIGHTER FLUID
HOTEL SAMPLES
VHS TAPES

For security and sanitary reasons, please leave all items in their original packages.
When purchasing items, please choose the latest expiration date possible.

Thank you for your cooperation and support!

FOOD and SNACKS:

- **Beef Jerky / Slim Jims**
- **Coffee (Ground or whole; instant or drip),**
- **Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)**
- **Pumpkin Seeds / Sunflower Seeds**
- **Tuna in foil pouches (no cans)**
- **Protein Powders / Protein Bars / Cliff Bars**
- ***NO CHOCOLATE PRODUCTS to be mailed from MARCH to OCTOBER (it will melt in high temperatures!)**
- Hot Chocolate packets, Herbal teas, Powdered Energy Mixes
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins
- Gum / Hard Candy (must be individually wrapped in large bags)
- Granola Bars / Power Bars / Cereal Bars
- Small Packs of Fig Newtons, Oreos, Cheese & Crackers
- 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: NO HOTEL SAMPLES!

(Note: Some troops have allergies & need Brand Name toiletries which list all ingredients. The military issues toiletries to our troops, however troops often miss their favorite brand of shampoo or soap. Our goal is to send troops reminders of home & items they miss ... not free samples.)

- **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 / Carmex / Blistex
- 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 (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)

ENTERTAINMENT and SPORTS:

- **Batteries: (AA, AAA, C & 9 Volt are the most requested)**
- **DVD Movies (new or used - recent releases only, please!)**
- **Xbox Games (new or used)**
- **PSP, PS2 & PS3 Games (new or used)**
- **Portable CD players / head phones**
- 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