ITEMS FOR “SUPPORT OUR TROOPS” CARE PACKAGES
(No glass, aerosol cans/sprays, or lighters)
Purple = MOST needed and requested items

FOOD
Whey Protein Bars
Powder Gatorade
Kool-Aid, Crystal Light (instant drink mixes)
Tuna fish in packets (not cans)
gum & hard candy (must be wrapped!)
Salted pumpkin and sunflower seeds
Fruit roll-ups, Gushers, etc.
Beef jerky and Slim Jims (They love this!)
Oatmeal (Instant, in packets)
Granola bars, breakfast bars & power bars
Small packs of crackers or cookies
Trail mix, dried fruit & raisins
Ramen Noodles/Cup-o-Soup (instant soup - add water)
Salted nuts (any kind)
Hot chocolate packets
Pop-Tarts
Peanut butter (small plastic jars or tubes)
Cookies (Girls Scout or any kind)
Low-Carb foods
Coffee (ground or instant - decaf or regular)
Cereal (small, individual boxes)
Condiments and spices (no glass)
Microwaveable foods (Mac & Cheese, popcorn, too!)
Pretzels (no breakable chips) Chip dips in cans or tubes
Snack foods (any kind)
NO CHOCOLATE (April–September—it melts!)

TOILETRIES
Razors (Mach-3 brand preferred)
Electric shavers (battery powered)
Toiletries Bags/Cases
Shaving cream (tubes only)
Combs & hair brushes
Q-tips
Feminine hygiene products
Nail clippers & nail files
Cotton balls
Breath mints/ Listerine strips / mouthwash
Dental floss
Toothpaste & toothbrushes
Lozenges & cough drops
Tissues, individual packs
Body wash
liquid hand sanitizer
Shampoo & conditioner
Eye drops (i.e. Visine)
Band-Aids Hand & body lotion
Lip balm & Chapstick Moleskin Baby wipes
Baby powder
foot powder
Nasal spray
Sunscreen
Deodorant
Tylenol & aspirin packets
Vitamins – any kind
Bug spray & DEET
Anti-itch or cortisone cream

**ENTERTAINMENT**
- DVD movies (new or used)
- Music CDs (new or used)
- X-Box games (new or used)
- PS2 games (new or used)
- Travel size games (UNO, Othello)
- Portable CD players
- Playing cards
- Hackey sack balls
- Frisbees, Whiffle Balls, Nerf footballs, yo yo's
- Comic Books, Mad Libs, Joke books, Crosswords & other puzzle books
- Electronic games (handheld)
- Water guns
- 35 mm Disposable Cameras
- Pens, mechanical pencils, envelopes & stationery
- Arts & Crafts kits/sketch pads
- Paperback books (new or used)
- Day planners & pocket calendars
- Batteries: “AA” and “C” Baseball & sports gear

**OTHER**
- Prepaid phone cards (AT&T Long Distance preferred)
- White or black cotton socks, wool socks
- Generic sunglasses
- Battery-operated fans
- Duct tape
- Room deodorizers
- ZIP LOC, Freezer Baggies
- Twin size bed sheets and pillow cases
- Shoe & boot insole cushions
- Laundry detergent (powdered only)
- Hair clippers (electric)
- Bandanas
- Dryer fabric sheets
- Flashlights
- Under Armor Shirts
- Fly swatters / fly paper
- Plastic utensils, Paper plates
- T-shirts for hospital use
- Toys & school supplies for children