

## LIST OF ITEMS TO SEND TO THE TROOPS

### No glass, aerosol cans/sprays, or lighters

#### FOOD:

Whey Protein Bars & Powder, Granola Bars, Breakfast Bars & Power Bars  
Gatorade / Kool-Aid / Crystal Light (instant drink mixes)  
Tuna Fish (in packets, not cans)  
GUM & hard candy (must be wrapped!), Salted Pumpkin Seeds/Sunflower Seeds  
Fruit Roll-Ups, Gushers, etc.  
Beef Jerky / Slim Jims (they love this!), Low-Carb foods  
Oatmeal (instant, in packets)  
Small packs of crackers or cookies  
Trail Mix, Dried Fruit & Raisins, Salted Nuts (any kind)  
Ramen Noodles/Cup-o-Soup (instant soup - add water)  
Hot Cocoa Packets  
Pop-Tarts, Cereal (small, individual boxes)  
Peanut butter (small plastic jars or tubes)  
Coffee (ground or instant - decaf or regular)  
Condiments and spices (no glass)  
Microwaveable foods (mac & cheese, popcorn, too!)  
Pretzels (no breakable chips) & Chip Dips (in cans or tubes)  
Cookies (Girls Scout or *any* kind), Snack Foods (any kind!)  
NO CHOCOLATE (April-Sept. or else it melts!)

#### TOILETRIES: SMALL, TRAVEL SIZE ONLY! NO HOTEL SAMPLES!

Razors (Mach-3 brand preferred), Electric shavers (battery powered)  
Toiletries Bags/Cases  
Shaving cream (tubes only)  
Combs & hair brushes, Nail Clippers, Nail Files  
Feminine hygiene products  
Cotton balls, Band-Aids, Q-tips  
Breath Mints/Listerine strips, Mouthwash, Dental Floss, Toothpaste & toothbrushes  
Lozenges & cough drops, Tissues (individual packs)  
Body Wash, Shampoo & conditioner  
Liquid hand sanitizer, Hand & body lotion  
Eye drops (i.e. Visine), Nasal Spray  
Lip balm & Chapstick  
Moleskin Baby wipes  
Sunblock, Sunscreen, Zinc  
Deodorant, Baby powder, Foot powder  
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), Portable CD players  
Electronic games (handheld)  
Water guns  
Crosswords & other puzzle books, Paperback Books (new or used)  
X-Box Games (new or used), PS2 Games (new or used)  
Comic Books  
Yo Yo's, Frisbees, Whiffle Balls, Hackey Sack Balls  
Mad Libs, Joke books  
Travel size games (UNO, Othello), Playing Cards  
Batteries: "AA" and "C"  
Baseball & sports gear, Nerf Footballs  
calendars, Day Planners & Pocket Planners  
35 mm Disposable Cameras  
Pens & mechanical pencils, Envelopes & stationery,  
Arts & Crafts kits/sketch pads

## OTHER:

Pre-Paid, phone cards (AT&T Long Distance preferred)  
Room deodorizers  
Twin size pillow cases/Twin Size Bed Sheets  
White Cotton Socks, Black Cotton or Wool socks  
*ZIP LOC* Freezer Baggies  
Generic sunglasses  
Battery-operated fans  
Duct Tape  
Shoe & boot insole cushions  
Laundry detergent (powdered only), Dryer fabric sheets  
Hair clippers (electric)  
Bandanas  
Flashlights  
Under Armor Shirts (You can get these from a sporting goods store or Wal-Mart)  
Fly swatters / fly paper  
Plastic utensils, Paper Plates  
T-shirts for hospital use  
Toys & school supplies for children