

CARE PACKAGE ITEMS

FOOD, SNACKS AND DRINKS:

(Please – no expired or canned food)

- PROTEIN POWDER & PROTEIN BARS (Top request!)
- K-CUPS for KEURIG MACHINES (coffee, tea, hot cocoa)
- POWDER DRINK MIX (Gatorade, Kool-Aid, Crystal Light)
- TUNA & CHICKEN SALAD (in foil pouches, or ready-to-eat kits (no cans))
- BEEF JERKY / SLIM JIMS
- SUNFLOWER SEEDS & PUMPKIN SEEDS
- CHOCOLATE PRODUCTS
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz Crackers
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers – Small Packs
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies
- NUTS: Peanuts, Mixed Nuts (salted preferred)
- MICROWAVE FOOD (Chef-Boy-R-Dee, stews, etc.)
- COOKIES / Girl Scout Cookies
- Rice Krispie Treats (Store-bought only)
- Little Debbie's & Hostess cake products
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated energy gum or candy (to stay alert)

TOILETRIES: NO HOTEL SAMPLES!

- Lip Balm / Chap Stick / Carmex / Blistex
- Body Wash, Liquid Soap, Facial Cleanser
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins (in original packaging, please)
- Deodorant (travel size)
- Shaving Cream in Tubes / Shaving Soap (*No CANS of Shaving Cream!*)
- Hand & Body Lotion / Moisturizer (travel size)
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft

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- Mouthwash (travel size)
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Loufa Sponges / Buff Puffs
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Moleskin & Shoe Insole Cushions (gel kind is best)
- Tylenol, Motrin, Advil or Aspirin Packets (Please check expiration dates)
- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins (These are always needed. Please check expiration dates)

ENTERTAINMENT AND SPORTS:

- iTunes® Gift Cards (Top request!)
- DVD Movies (new or used – recent releases only, please!)
- Xbox Games, PSP, PS2 & PS3 Games (new or used)
- Board Games (Top request!)
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones
- Electronic handheld games
- **Small homemade gifts – *reminders & comforts of "home"***
- Small photographs or posters of scenery for their tents & walls
- Double-sided tape, small crafts kits, scrap-booking items
- Day planners / Small, Pocket Calendars sent in Dec. & Jan.
- Game Books: (Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku)
- Yo-Yo's, Dominoes, Poker Chips & Mats, Dice
- Board games (UNO, Othello, Checkers – travel size is great, too!)
- Dart Boards (regular or magnetic – any size)
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks