

ITEMS FOR OUR TROOPS IN IRAQ

FOOD and SNACKS:

Beef Jerky / Slim Jims
COFFEE (Ground or whole; instant or drip)
Hot Chocolate packets, Herbal teas
Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)
Pumpkin Seeds / Sunflower Seeds (salted)
Protein Powders / Protein Bars / Cliff Bars
Gum and Hard Candy (must be individually wrapped)
Granola Bars / Power Bars / Cereal Bars
Small Packs of Fig Newtons, Oreos, Cheese-Its
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)
MICROWAVE FOOD (Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese...)

Tuna in foil pouches (no cans)
Cereal (Small, individual boxes)
Rice Krispie Treats (Store-bought only)
Oatmeal Packs (Instant: just add water)

TOILETRIES: NO HOTEL SAMPLES!

Baby wipes (travel size)
Pens & mechanical pencils
Stationery & Envelopes; (blank cards to send home)
Shampoo /Conditioner (travel size)
Cotton Swabs (i.e. Q-tips)
Lip balm / Chap Stick
Tissues (individual packs; travel size only)
Hand & Body Lotion / Moisturizer (travel size)
Toothpaste & Toothbrushes & Dental Floss
Lozenges / Cough Drops
Cotton Balls
Shoe Insole Cushions (gel kind is best)
Shaving Cream / Shaving Soap (in boxes or tubes; NO CANS of Shaving Cream, please!)

Liquid Hand Sanitizer (travel size)
Body Wash, Liquid Soap, Facial Cleanser
Combs / Brushes, Bobby Pins
Deodorant (travel size)
Band-aids, Gauze Pads, First Aid Kits
Baby Powder & Foot Powder (travel size)
Bug Spray / DEET / Skin-So-Soft
Mouthwash (travel size)
Breath Mints / Breath Strips
Nail files / Emery Boards / Nail Clippers
Tylenol, Motrin, Advil or Aspirin Packets
Razors (disposable: "Intuition" or "Mach 3" type)

MISC

Crossword Puzzles / Word Search Books / Math Puzzle books /playing cards
Socks: Black, Olive Green & White (cotton and/or wool)
Batteries: "AA" "AAA" and "C" are most requested

The troops love to hear from all of us and Mail brightens their days! These are the **MOST IMPORTANT** items we can send the troops & we can never have too many, so please keep writing! Consider making a patriotic banner or poster to send in one of our care packages!

Thank you for your cooperation and support!