

CARE PACKAGE IDEAS

Beef Jerky
Powdered Drink mixes (Gatorade)
Ramen Noodles and Cups of Soup
Canned chicken breast/ turkey
Pistachios and other Nuts
Pumpkin and Sunflower Seeds
Hard Candy
Flavored Gum
Mints
Summer Sausage (No Pork)
Crackers
Canned Cheese
Instant Oatmeal
Energy or Breakfast Bars
Protein Powder
Vitamins
Cookies
Salsa and bean dip
Chips in container (ie, Pringles)
Snack mix
Fruit Roll-ups
Popcorn
Large Bowl for popcorn and ramen
Barbeque Supplies
Cooking Tools
Small Appliances (water boiler, burner)
Popcorn popper and flavored salts
Coffee Making Accessories (press, grinder)
Hot Chocolate Cocoa
Coffee Stir Sticks
Sweeteners and Spices
Large Ziploc Bags
Hand Sanitizer
Gold Bond Powder
Wet Wipes
Good Toilet Paper
Q-Tips
Mouthwash
Gel Deodorant
Lotion
Facial Scrub
Travel-size tissues
Mach III Replacement Shaving Tips
Flavored Toothpaste
Flavored Lip Balm with SPF
Eye drops
Eyeglass wipes
Wiley-X Goggles
Tweezers
Instant Ice Pack
Snow-cone maker
Cooling Spray Bottle
Battery-operated Fan
Camping Items
Patch kit
Pinch Lights
Push-on moon lights

CamelBak drinking system
Dust Pan for sand/dirt
Fly, ant, and mouse Traps
Folding Camping Chair
Neck Scarf/Gator
Sunscreen with Insect Repellant
Olive Green Duct Tape
Sewing kit
Nomex aviators' Gloves
Foot and Hand Warmers
Dr. Scholl's Foot Pads/Boot Inserts
Moleskin for blisters and corn pads
Callous remover
Sturdy Shower Shoes
Foot massager
Tan Boot Laces
Olive, moisture-wicking boot Socks
AAFES Calling Cards
Blank Birthday and Holiday Cards
Blank Recordable CDs and cases
Cassette Recorder and blank tapes
Padded Envelopes
Stationery and Envelopes
Pens – comfort, black ink
Journal to write in
Drawing pad and art pencils
Photo Albums
Frames with recordable messages
Film or Disposable Cameras
Digital or Polaroid Cameras
AA Batteries
MP3 Players
Audio CDs
Comedy movies on DVD
Travel video of America on DVD
Electronic Games
Educational/Language software
Playing cards
Board Games
Travel Games
Hacky sack
Dart Board
Boxing, Fencing, Sports Equipment
Air Pump for balls
History books
Joke books
Comic Strips
News, Hobby magazines
Sports section of newspaper
Hometown products
Postcards of Home city/state
American pictorial Travel Book
Religious items (prayer books and aids)
Holiday Decorations
Inspirational Letters from Veterans
Kids' Drawings

Thank you for your support!!!

Other ways to support our troops can be found on: www.defendamerica.mil/support_troops.html

PLEASE NOTE: It is prohibited to mail pork, alcohol, and seminude material to soldiers in the Middle East. You may reference the United States Postal Service website for more details at www.usps.com