

Care Package Ideas for our troops

Please include an Envelope with your return address on it, so they can write back to you. They are always eager for news from home and appreciate a note.

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Any mail going to an APO Address is treated as domestic until it hits the Army Postal Shipment office in New York. The military covers transport from there to Afghanistan free of charge.

Food Items:

<ul style="list-style-type: none"> ➤ Instant coffee packets ➤ Individual powdered drink mixes (Gatorade, Kool-aid) ➤ Tea bags ➤ Cereal Bars, Energy Bars, Granola Bars ➤ Commercially wrapped Trail Mix, Nuts, etc. ➤ Potato Sticks ➤ Hard Candies (individually wrapped) ➤ Gummy Bears/Gummy Worms ➤ Small jars peanut butter ➤ Slim Jim's (beef only) 	<ul style="list-style-type: none"> ➤ Individual chip packages ➤ M&M's ➤ Microwave pop-corn ➤ Individual cheese & cracker packets ➤ Snack size cookie packets ➤ Individual dry cereal boxes ➤ Fruit cups ➤ Candy that doesn't melt ➤ Dried Fruit ➤ Gum ➤ Lollipops
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Personal Hygiene - General

<ul style="list-style-type: none"> ➤ Baby wipes or moist towelettes ➤ Sunscreen ➤ Toothbrushes ➤ Toothpaste (small tube) ➤ Mouthwash (small bottle) ➤ Dental Floss ➤ Baby, Talc or Foot Powder ➤ Deodorant ➤ Bar Soap ➤ Chap Stick/Lip Balm ➤ Dental Picks 	<ul style="list-style-type: none"> ➤ Hand Sanitizer ➤ Breath Strips ➤ Face Moisturizer ➤ Bug Repellent ➤ Individual Kleenex packets ➤ Cotton Swabs ➤ Eye Drops or Contact Lens Cleaner ➤ Shampoo/Conditioner (small size) ➤ Comb & Brush ➤ Nail Files or Nail Clippers ➤ Flea Collars (to ward off sand fleas)
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➤ Dental Floss	➤ Razors
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Personal Hygiene –Men/Women

Men	Women
<ul style="list-style-type: none"> ➤ Razors ➤ Men's Face Moisturizer ➤ Shaving Cream (pump or lotion) 	<ul style="list-style-type: none"> ➤ Feminine personal hygiene products ➤ Hair bands/clips ➤ Hair Gel ➤ Shampoo/Conditioner

Games & Stationary, Misc

<ul style="list-style-type: none"> ➤ Alcohol pens (Smear proof/Water repellent) ➤ Pens ➤ Paper ➤ Bug repellent strips ➤ Board games (travel size) ➤ Playing cards ➤ Dominos ➤ Hand-held games ➤ Puzzles ➤ Yo-yo's ➤ Baseball hats or bandanas ➤ Uno ➤ DVDs and CDs 	<ul style="list-style-type: none"> ➤ Squirt Guns ➤ Frisbees ➤ Jump Ropes ➤ Sidewalk chalk ➤ Foam footballs or basketballs (small) ➤ Stress balls ➤ Small chess, checker or backgammon boards ➤ Crossword or word finder books ➤ "Canned air" – to blow dust out of laptops Ipods & other gear
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