

Keep in mind that everything that is being sent is consumable products, and will be depleted in short order by the thousands of troops taking care of business FOR US.... Our soldiers are hungry, dirty, tired, and need our letters, and continuing "HUGS FROM HOME" right up until the day they return safely to us. So, keep it coming everyone.

**Note:** Please bear in mind that our soldiers' space is limited, so please, we ask for travel size items only. Also, please check expiration dates on all food before contributing. No expired food items will be sent.

### Highly Suggested Items

- AT&T international phone cards
- batteries
- drink mixes
- cooling misters
- games (outdoors)
- hometown newspapers/magazines
- handheld video games(Poker, Solitaire, etc)

**Letters** should be considered a high priority item. We need to let our soldiers know that we support them and their fighting for our freedom.

### Other Suggested Items

#### FOOD

- single serve packet drink mixes (crystal lite, kool-aid, Gatorade, ice tea, lemonade)
- beef jerky/slim jims
- sunflower/pumpkin seeds (salted)
- trail mix
- salted nuts (all varieties)
- granola/protein/breakfast bars
- fruit roll ups
- pretzels
- cookies
- snack foods (all kinds)
- hard candy
- gum
- peanut butter (small plastic jars or tubes)
- hot chocolate packets
- tuna in packets (no canned tuna)
- licorice
- ramen noodles
- cheese -n- crackers
- life savers
- instant mac and cheese (microwaveable)

#### TOILETRIES

- toothbrushes
- toothpaste
- dental floss
- mouthwash
- chapstick
- razors
- shaving cream (no aerosols, tubes only)
- sun screen (no aerosols)
- bug spray with DEET (no aerosols)
- Q-tips
- Kleenex (individual packets)
- shampoo
- hand/body lotion
- baby wipes
- hand sanitizer
- travel toilet tissue
- natural tears eye drops
- foot powder
- band-aids
- cough drops
- ibuprofen/tylenol
- anti-perspirant
- moleskin

- CHOCOLATE ONLY OCT thru MARCH (otherwise it melts))
- squeezable butter

#### **OTHER**

- batteries (AA, AAA, C)
- pens, mechanical pencils
- writing paper
- envelopes
- international preferred)
- white cotton socks
- hand/foot warmers
- warm gloves
- flashlights
- zip lock bags
- shoe insole cushions
- room deodorizers

- nail clippers
- anti-itch creams
- baby powder

#### **ENTERTAINMENT**

- playing cards
- DVD's (new or used)
- CD's (new or used)
- crosswords
- books, magazines
- water guns
- nerf balls
- hacky sacks
- card games (UNO, etc)
- portable CD/DVD players
- X-box games (new or used)
- PS2 games (new or used)
- travel size games (yahtzee, etc)

## **Do NOT send the following Items**

- No Pork Products
- No Perishable Products
- No Chocolate (from October through March, it melts)
- No Pornography (even Swimsuit edition of Sports Illustrated or Maxim or anything like those)

Again, **Letters** are important. Get your children to write a letter thanking our service men and women so that they know that they are appreciated. And it doesn't hurt to write more than one as they will be given out randomly. You may include your name and address if you would like. That would give our soldiers the chance to respond if they desire.