



Suggested Snack Food Items

All food items must be appropriately sealed / and prepackaged

Beef Jerky / Beef Sticks
Canned Chicken and/or packs – pop top
Canned Fruit
Canned Tuna and/or packs – pop top (tuna in pouches are best)
Cappuccino
Cereal Bars / high protein bars / Granola Bars / Energy Bars
Cheese Spread / small Velveeta cheese blocks
Chex Mix
Chips
Condiments: salt/pepper/spices/sugar/sweet & low/honey packs
Cookies
Crackers
Crystal Light
Doritos
Dried Fruit
Dry Cereal
Fruit Pies
Gatorade
Gum
Hard Candy wrapped (no chocolate in summer)
Honey Packets
Hot Chocolate Mix
Hot Sauce / salsa
Ground Coffee (if they have a coffee maker) / Instant Coffee / coffee creamer
Instant Oatmeal
Instant Soups / Soups in pop-top containers
Jelly / Peanut butter
Juice Boxes
Kool Aid (sweetened)
Little Debbie's + other snack cakes
Mayo / Catsup
Microwavable Mac & Cheese
Microwavable brownie mix
Microwavable Popcorn
Nuts
Pudding Cups
Salad Dressing
Sardines
Snack Crackers of all kinds
Sugar Packets / Sweet N Low Packets
Summer Sausage
Tea Bags



Suggested Toiletries

Advil, Tylenol, Cold/Cough drops, Sinus Meds
Antacids
Antibiotic Cream (Neosporin)
Anti-Bacterial Wipes
Baby Oil, Baby Powder
Baby Wipes
Bath mat
Bath/hand/wash towels (dark colors)
Black Shoe Polish
Blankets for cooler weather
Body Wash / soap (be sure to triple pack the soap and not put it near the food as it leaves the smell of soap on the food)
Chapstick
Clothes Pins/Line
Contact Lens Cleaner
Cotton Balls
Dental Floss
Deodorant
Disposable hand and feet warmers
DUSTING CLOTHS for removing the sand from everything and every surface
Eye Drops
Eyeglass Kit
Face Soap
Foot Inserts for boots
Foot/Boot Powder
Insect Repellent Wipes/ non aeroso
Deet (need in spring/summer)
Imodium
Laundry Soap / Fabric Softener
Air Freshener
Lotion for body and hand
Mirror
Mouthwash
Nasal Spray/Drops
Packaged Wet Ones / baby wipes
Pepto Bismol
Pillow with pillowcase
Pocket Size First-Aid Kit
Puma Stones for feet
Q-Tips
Shampoo
Sunglasses
Sunscreen
Toenail/Fingernail Clippers
Toilet Paper
Tooth Paste / Tooth Brush
Tooth Picks
Twin Fitted dark sheets
Men: Razors, Shaving Cream in a tube, after-shave lotion (no fragrance)
Women: Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel



Suggested Clothing

Hats, bandannas

Socks – white for PT; black for everyday wear with uniform

Men's T-shirts and underwear (all sizes)

BROWN OR GREEN FOR THE T-SHIRT if possible. Proper issued military t-shirts can also be acquired at Army Surplus stores.

Women's sport bras and panties (all sizes)



Suggested Fun Time Materials

Balls: soccer ball, baseballs, basketballs, volley ball sets, football

Batteries: AA- C -D -9 volt

Beanie Babies or stuffed animals (new please)

Board Games

Playing Cards

CD Player with CDs / send batteries

Dart Board with darts

Disposable cameras

DVDs (you can tape from television too)

Electronic/Battery Hand held games (include batteries)

Mailing Envelopes (no stamps) / Pens with Stationary

Frisbee

Greeting Cards they can send back home (variety)

Mag flashlight bulbs,

Magazines (all kinds)

Mini Hand-held Fan or Water Misty fan

Nerf Balls

Packaged Poker Sets

Plastic bowls, spoons, forks, knives

PlayStation with games

Puzzle Books/Word Find Books

Sewing Kits

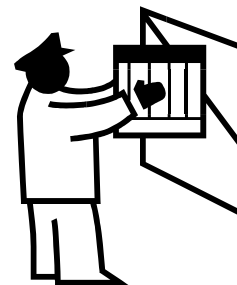
Small flash light for reading at night

Water guns

X-Box with games

Yo-Yo's

Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items



DO NOT SEND PORK, or PORK PRODUCTS, ALCOHOL, PORNOGRAPHY.

- ▶ Do not send pressurized items – they may explode
- ▶ Do not send products in glass containers
- ▶ Do not send chocolate in the summertime to the Middle East.
- ▶ Package all food items that may leak in zip-lock type bags. Add Tape to bottle tops to better secure them. Put all liquid items in a zip-lock bag so it won't leak.

Send all troop mail via the United States Postal Service.

Visit the U.S. Postal Service website at <http://www.usps.com/> for detailed information on sending support mail to the troops. On the USPS main website, do a search for "APO" and a wealth of information is available that will answer all your questions.