

Items to support our troops:

Dry cereal, Powdered milk/sugar packets, Protein foods: Pocket protein snacks (Nuts, Granola bars, Jerky, Short slim jims), Pop-top canned pasta meals, Tuna, Chicken, Salmon pouches, Sardines, Crackers. Drink mix singles and condiment packs (BBQ Hot sauce, Ketchup etc) for MRE's.

Assorted toiletries for both genders: toothpaste, Mouth wash, Deodorant, Bar/liquid body wash, Shampoo & conditioner in one, Baby/bath wipes, Feminine hygiene items, Foot/body powder, Hand/body lotion.

Anything to help boost Soldier's morale: Letters/mail, Current magazines, Books, Puzzle books, DVD's, Board games, Recreational items.

Blank greeting cards to send home and Retractable pens etc.

Special Requests: Sports equipment other recreational items.

Not Needed: Hand sanitizer or batteries.

Warm Weather suggestions: sunscreen w/high SPF

Cortisone Cream (anti-itch cream)

Medicated body powder (for heat rash) (April-November)"