

Items for the Troops

Food & Snacks:

Beef Jerky or Slim Jims
Coffee (ground or whole, instant or drip)
Hot Cocoa packets
Herbal Tea packets
Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light, etc)
Salted Pumpkin Seeds or Sunflower Seeds
Tuna in foil pouches (no cans)
Protein powders, bars, or cliff bars
Hard pretzels, Cheetos, Fritos, Chex Mix, Wheat Thins
Gum
Hard Candy (no chocolate products from March through October)
Granola Bars, Power Bars, Cereal Bars
Small Packs of Fig Newtons, Oreos, Cheese-Its
Trail Mix, Dried Fruit, Granola, Fruit Roll-ups, Fruit by the Foot, Fruit Gummies
Dry Soup (Ramen Noodles, Cup o Soup—just add water)
Nuts (salted peanuts, mixed nuts)
Microwave Foods (Popcorn, Chef Boy-R-Dee, Mac ‘n Cheese)
Cookies
Cheese & Cracker packs
Condiments, Spices, Sugar, Salad Dressing (no Glass bottles)
Oatmeal packets (instant only)
Cereal (small, individual boxes)
Rice Krispie Treats (store bought only)
Caffeinated Gum or Candy (to stay awake)

Toiletries (travel sized only-no cans):

Baby Wipes
Liquid Hand Sanitizer
Body wash, Liquid Soap, Facial Cleaner
Shampoo, Conditioner
Hair Gel
Combs, Brushes, Bobby Pins (in original packaging)
Eye Drops (i.e. Visine, etc.)
Nasal Spray
Deodorant (gel or roll on)
Razors (disposable: “intuition” or “Mach 3” type)
Shaving Cream or Soap (no cans)
Cotton Swabs (Q-tips)
Band Aids, Gauze Pads, First Aid Kits
Lip Balm, Chap Stick
Baby Powder & Foot Powder
Loofa Sponges, Buff Puffs, Washcloths
Tissues (travel sized only)
Sunblock SPF 45, Zinc, Vitamin E, Aloe Vera Gel
Bug Spray, DEET, Skin so Soft
Hand & Body Lotion, Moisturizer
Mouthwash
Toothpaste, Tooth Brushes, Dental Floss
Vitamins (multi-vitamins are always needed)
Breath Mints, Breath Strips

Lozenges, Cough Drops
Nail Files, Emery Boards, Nail Clippers
Feminine Hygiene Products
Cotton Balls
Tylenol, Motrin, Advil or Aspirin Packets
Moleskin
Shoe Insole Cushions (gel kind is best)

Entertainment & Sports:

Batteries (AA, AAA, C are most requested)
DVD movies (recent releases-new or used)
Xbox Games
PS2 Games
Portable CD players & head phones
Small Homemade Gifts (little comfort of home)
Pens & Mechanical Pencils
Stationery & Envelopes; blank cards to send home
Double-sided tape
Day Planners, Small Pocket Sized
Crossword Puzzles, Word Search Books, Math Puzzles, MAD Libs, Sudoku
Yo-Yo’s, Dominoes, Poker Chips, Dice, Board Games (UNO, Othello, Checkers - travel sized is best)
Nerf Footballs, Whiffle Balls, Mitts, Sports Equipment
Frisbees, Hackey Sacks
Electronic Handheld Games
35mm Disposable Cameras
Flash Drives, Thumb Drives, Laptop Computers

Other:

Linens: Pillow cases, twin sheets, towels (green & tan)
T-Shirts: Cotton green & tan (under shirts sizes M, L, XL)
Laundry Detergent
Small Flashlights (battery operated)
Air Fresheners
Socks (black, olive green, white—cotton and/or wool)
Patriotic knick-knacks (USA Flags, Flags from your state, bandanas, baseball hats, football jerseys, banners)
Generic Sunglasses
Alarm Clocks (small in size, wind up or battery-operated)
Black or Green duct tape, small tool kits, dust masks, carpentry tools, fly swatters, fly paper, mosquito netting, bug repellent in plastic pump bottles only [No Cans!])
Religious Booklets, Small Bibles, Inspirational Reading
Small Toys, School Supplies for Iraqi & Afghani Children
Small portable heaters & fans (110 voltage okay)
Coffee Maker & Coffee Filters (110 voltage okay)
Microwave Ovens (55lbs max, 110 voltage okay)
Small hot pots
Winter Hats & Blankets
Combat Application Tourniquets (black only)
Holiday Decorations