

List of Items for Military Personnel

FOOD: (single serving sizes, pouches, zip-top or easy-to-open cans)

- Hard candies/Starburst/Gum/Freezepops
- High protein breakfast bars/Nutrigrain/Pop Tarts/mini-boxes cereal/instant flavored-oatmeal, granola bars
- Coffee- Individual packets (Reg., Instant, Decaf)/Tea/small sugar/creamer packets
- Soups- powdered or small tins Campbell Chunky/Chef Boyardee Ravioli, Mac & Cheese microwave bowls
- Beef jerky/Slim Jim/fruit rolls/dried & canned fruit (flip-top)
- Single serving tuna packets, canned chicken, sardines, salmon in pouch or flip-top cans
- Trail mix/sunflower seeds/crackers/cheese whiz/Snack Cakes/snacks Peanut butter/twizzlers/pretzels, energy bars
- Powdered Gatorade/Ice tea/hot cocoa mix (seasonal), crystal light To go single serving drink mixes (add to water)
- Holiday Candy –Christmas/Thanksgiving/Halloween/Easter/Valentine's

PERSONAL ITEMS –

- Mouthwash/breath mints/floss/toothpaste & brushes/toothpicks
- Deodorant, Shaving gel/foam (i.e. brand-Edge, Ultra Sensitive)
- Twin-bladed disposable razors. Mach 3 razors & replacements blades Chap stick/lip balm/Q –tips/TP
- Eye & Nose drops (for moisture)
Eyeglass Cleaner materials (sight savers)/ Contact Lens cleaners
- Hand lotion, Unscented/skin lotion w-Aloe Vera/jock itch crème or spray non-aerosol
- Combs/nail clippers
- Flip flops/brown T shirts no pockets/white cotton crew socks
- Feminine Personal Hygiene Products/scented body wash/wipes
Hair elastics/clips/bobbypins
- Insect Repellant Wipes/Bug spray
- Sunscreen 45 SPF, hypoallergenic/ after-sun lotions/ sunglasses

FIRST –AID

- Cough drops/lozenges/vitamins /nasal spray/sinus medications
- Pain relievers – Aspirin-Tylenol-Motrin-Advil-Imodium-antacids
- Band Aids/pocket tissues/baby powder
- Foot powder /anti-fungal/athletes foot cream/odor eaters

SANITIZING - • Baby Wipes, anti-bacterial, unscented

- Facial cleansing wipes to combat acne due to perspiration
- Room air fresheners/Stick-Ups/Glade/Airwick/Car freshener trees
- Hand Sanitizers /Purell

ENTERTAINMENT:

- Paperback books /Comics /Magazines/Disposable cameras
- Playing cards/poker chips/Frisbee/hacky sacks /dart sets
- Baseball, glove/volley ball/football, air pump
- DVDs, CDs , small hand-held electronic games
- Stationery/envelopes/postcards/Crossword puzzle books, Word Finds
- International Pre-paid phone cards –AT&T

MISCELLANOUS ITEMS:

- Pipe Cleaners (Weapons Cleaning)
2" paint brushes to clean sand from weapons
Shot gun cleaning kits
Bath/hand/face towels (dark colors)/ Black Shoe Polish
Tupperware/Rubbermaid containers
Hand & foot warmers for winter months
Holiday decorations/Christmas lights, etc.