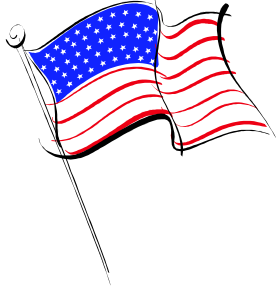


Suggested Care Package Items for America's Heroes

Food Items

Trail mix
Beef jerky
Tuna creations
Tuna in foil packages
Microwave popcorn
Protein bars
Cookies
Candy
Gum
Breath mints
Cereal bars
Instant oatmeal
Chips (cans)
Slim Jims
Any canned food (with pop tops)
Pre-sweetened drinks (Crystal Light, Kool-Aid, etc.)—*very popular in the past!*
Pop Tarts
Cup of Soup (microwave container)
Can fruits (pop-top lids)
Any food item that is non-perishable (no chocolate)



Personal Hygiene Items

Shampoo (travel size)
Conditioner (travel size)
Lotion (travel size)
Soap
Dental floss
Toothpaste
Toothbrushes
Mouthwash
Face cleaning pads
Baby wipes
Razors
Baby powder
Foot powder
Chap stick
Q-Tips
Deodorant
Antibacterial hand sanitizer
Shaving cream
Nail clippers

Other Personal Essentials

Anti-itch creams
Bug repellent
Kleenex packages
Eye drops
Cough drops and throat lozenges
Pillow cases
Athletic socks (green preferred)

For Women

Hair gel (travel size)
Hair spray (non-aerosol travel size)
Small mirrors
Body wash (travel wash)
Shower sponges
Body spray
Emery boards
Feminine hygiene products

Wish List Items

Sunglasses
Band-aids
Hand-held games
Stationery
Pens, pencils
Prepaid phone cards (AT&T only)
Comic books
Puzzle and word game books
Paddleballs
Nerf footballs, basketballs, etc.
Disposable cameras
Velcro darts
Travel games
Batteries (AA and others)
Small flashlights
Glow sticks
Frisbees
Zip Lock baggies (all sizes)
Foot and hand warmers
Hanging air fresheners (car type)
Stickers
Small stuffed animals

(Note: No aerosol cans are allowed.)