



## MUCH NEEDED ITEMS FOR THE TROOPS

### ITEMS

- Food, snacks, toiletries, DVD's, magazines, socks, insoles, phone cards and special gifts
- Small "travel size" items for Troops living out of their rucksacks.
- Larger items and/or quantities of items to Troops stationed on a base.
- Letters of support and caring- possibly the best gift of all—young children can draw pictures—a friendly note from "home" makes a world of difference
- Small American flags - which they love to hang around their bunks.

### Standard Items

\* Indicates items needed most

#### I. Toiletries

- \* Foot powder, moleskin, insoles, Lotrimin AF, boot liners, insoles,
- \* Anti-fungal creams, jock itch spray
- \* Skin lotion-SPF, especially with aloe vera, facial moisturizer
- \* Wet wipes
- \* Deodorant
- \* Lip balm, Chapstick
- Eye drops, nose drops for moisture
- Toothpaste, toothbrushes & mouthwash
- Shampoo, conditioner
- Pain relievers-aspirin, ibuprofen
- Vitamins
- Toilet paper-small rolls in plastic bags, travel or hikers packs

## **II. Entertainment & Technology**

- \*\* International phone cards
- \* Gameboys, hand held video games
- \* Games/Playing Cards -Texas Hold 'Em games
- \* Photography -\*digital cameras, disposable cameras with return postage, film
- \* Batteries - AA and AAA
- DVDs-Gently used and new
- Sports equipment-footballs, volley balls & soccer balls & nets, croquet sets, dart sets, frisbees, hacky sacks, soccer & volley balls, Nerfs, jump ropes
- Small good quality, flashlights & headlamps
- Magazines—Sports, guns, ammo, fishing, outdoor living, military, etc. (nothing pornographic or overtly political)
- Handheld electronic & travel games
- Envelopes, cards, post-cards, pens & paper
- Small padded envelopes
- DVD players with headphones
- Web cams, MP3 players
- Flashdrives & cordless mice
- Laundry soap-single load packets or tablets

## **III. Clothing**

- Sunglasses – wrap around, black, no brands visible
- Socks-wicking type, underwear & t-shirts (brown, olive, white)
- Neckwrap coolers

## **IV. Food & Drink**

- Drink mixes (ideally in individual servings)-Crystal Light, Gatorade, Kool Aid, powdered coffees, hot cocoa mix, tea
- Beef jerky, Slim Jim's, summer sausage
- Nutritional meal bars-Power bars, etc.
- Trail mixes (sealed)
- Cookies, crackers-closed packs

- Sardines, tuna & chicken snacks

#### **V. Communication Items**

- Pocket-size spiral notebooks with plastic covers
- Envelopes, cards, post-cards, pens & paper
- Small padded envelopes

#### **General Rules**

For health, convenience, and safety reasons and/or to be sensitive to foreign cultures, follow these rules for war zone donations:

- No pork, chocolate, or alcohol.
- Limit sugar.
- Wrap everything possible in Ziploc bags to protect package in case of spillage.
- All items should be small or travel size.
- Do not send political, war related, or any potentially demoralizing news matter.
- Do not send pictures of a sexual nature or nudity.

#### **HOW AND WHERE TO BRING DONATED ITEMS**

##### **How to package your items for donation:**

- Provide quantities of one item in Ziploc bags, closed boxes, or original containers. OR
  - Place any combination of the R&R items in 1 or 2 gallon size Ziploc bag. OR
  - Bring large quantity, BJ's type packages, as is. OR
  - Provide special gifts in original containers.
  - The Troops love to get encouraging letters from adults. Why don't you include a few in your donation?
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