

Suggested Snack Food & Miscellaneous Items

June 2008

All food items must be appropriately sealed / and prepackaged

WHAT CANNOT BE SENT: Pork products, Alcohol, Pornographic materials, liquid hand sanitizer, or Aerosol cans. Due to the extreme heat, chocolate is not mailed during the summer months. Visit the USPS at <http://www.usps.com> to learn more about APO/FPO mailings and view sizes of postal boxes available. Call 1-800-222-1811 to order free shipping supplies. Visit the Military Postal Service Agency to learn even more <http://hqdainet.army.mil/mpsa/mid.htm>.

Canned Items

Canned fruit
Chicken and/or packs; pop-top
Peanut butter / Jelly
Sardines
Tuna and/or packs (tuna in pouches are best)

Condiments

Cajun seasoning
Catsup
Garlic salt
Honey packs
Hot sauce
Lawry's
Mayo,
Mustard
Relish
Salad dressings
Salsa (don't forget the taco chips)
Salt/pepper, sugar packets
Spices
Sweet N Low



Ground Coffee / Tea / Hot Chocolate

(if they have a coffee-maker),
Cappuccino
Coffee creamer
Hot chocolate mixes
Instant coffee
Tea bags

Microwavable Foods

(if they have a microwave)
Mac & Cheese
Popcorn
Brownie mix
Various mini dinners
Instant oatmeal
Instant soups / soups in pop-top containers



Powdered Drink Mix Singles

Crystal Light
Gatorade
Juice boxes
Kool-Aid
Propel, etc.

Snacking Foods

Beef Jerky / beef sticks, summer sausage
Cheese spreads / small Velveeta cheese blocks
Dry Cereal
Chex Mix
Chips
Cookies
Crackers for snacking
Doritos
Dried fruit
Energy bars / Cereal Bars / high protein bars / Granola Bars
Fruit pies
Gum, Hard Candy wrapped (no chocolate in summer)
Little Debbie's & other snack cakes
Nuts (all kinds)
Pudding cups



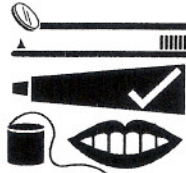
Toiletries

Advil, Tylenol, Cold/Cough drops, Sinus Meds
Antacids
Antibiotic Cream (Neosporin)
Anti-Bacterial Wipes
Baby Oil, Baby Powder
Baby Wipes
Bath mat
Bath/hand/wash towels (dark colors)
Blankets for cooler weather
Body Wash / soap (be sure to triple pack the soap and not put it near the food as it leaves the smell of soap on the food)
Chapstick
Clothes Pins/Line
Contact Lens Cleaner
Cotton Balls
Dental Floss
Deodorant
Disposable hand and feet warmers
DUSTING CLOTHS for removing the sand from everything and every surface
Eye Drops
Eyeglass Kit
Face Soap
Foot Inserts for boots
Foot/Boot Powder
Insect Repellent Wipes/ non aerosol spray with Deet (need in spring/summer)
Imodium
Laundry Soap / Fabric Softener
Air Freshener



Toiletries continued

Lotion for body and hand
Mattress toppers
Mirror
Mouthwash
Nasal Spray/Drops
Packaged Wet Ones / baby wipes
Pepto Bismol
Pillow with pillowcase
Pocket Size First-Aid Kit
Puma Stones for feet
Q-Tips
Shampoo
Sunglasses
Sunscreen
Toenail/Fingernail Clippers
Toilet Paper
Tooth Paste / Tooth Brush
Tooth Picks
Twin Fitted dark sheets
Vitamins



Men: Razors, Shaving Cream in a tube, after-shave lotion (no fragrance)

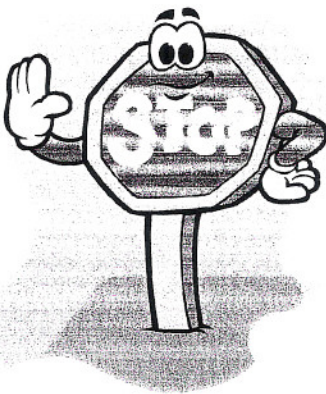
Women: Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel

Suggested Clothing

Hats, bandanna; Socks – white for PT; black for everyday wear with uniform

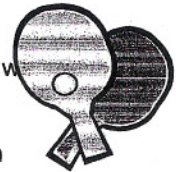
Men's T-shirts and underwear (all sizes)
BROWN or GREEN colors for the T-SHIRT if possible. Proper issued military t-shirts can also be acquired at Army Surplus stores.

Women's sport bras and panties (all sizes)



Suggested Fun Time Materials

Balls: soccer ball, baseballs, basketballs, volley ball sets, football
Batteries: AA- C -D -9 volt
Beanie Babies or stuffed animals (new please)
Board Games
Playing Cards
CD Player with CDs / send batteries
Dart Board with darts
Disposable cameras
DVDs (you can tape from television too)
Electronic/Battery Hand held games (include batteries)
Frisbee
Greeting Cards they can send back home (variety)
Mag flashlight bulbs,
Mailing Envelopes (no stamps) / Pens w
Stationary
Magazines (all kinds)
Mini Hand-held Fan or Water Misty fan
Nerf Balls
Packaged Poker Sets
Plastic bowls, spoons, forks, knives
PlayStation with games
Puzzle Books/Word Find Books
Sewing Kits
Small flash light for reading at night
Water guns
X-Box with games
Yo-Yo's
Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items



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