



Suggested Items our Troops Away from Home Might Enjoy

PERSONAL

- Laundry soap –powdered
- Bar soap
- Body wash
- Deodorant
- Shampoo
- Toothpaste – Toothbrushes
- Chap Stick
- Floss
- Mouthwash
- Foot powder (Gold Bond is a favorite)
- * **Rubbing Alcohol Wipes**
- * **Baby Wipes**
- * **Facial Wipes**
- * **Purell Hand Sanitizer**
- Shaving Razors
- Shaving Cream/Gel
- Aftershave
- Sunscreen – SPF 50+
- Bug Repellant (unscented)
- Body Lotion
- * **Shower Shoes (flip-flops w/thick soles)**
- Band-Aids
- Neosporin
- Hair Clippers
- Nail cutters
- Plastic spray or nozzle water bottles (empty)
- * **Socks**
- * **Q-tips**

ENTERTAINMENT

- Magazines (Men's Fitness, Sports Illustrated, People, Entertainment Weekly, etc.
- DVD's
- Books
- Game systems (Wii etc)
- Video games
- SUDOKU or Crossword Puzzles
- Music CD's Pop, Rock, Rap, Country, etc.
- * **Footballs**
- Dart Board and darts

MISC.

- International Calling Cards
- **Silly String – Not just for fun – used to show trip wire locations.**
- Pens
- Paper
- Pencils
- Pencil sharpener
- Compass
- Envelopes/Greeting Cards
- Sunglasses
- * **Batteries especially AA**
- * **Throw blankets (fleece or Knit) Green or Desert Color**
- Small toys-stuffed animals, Beanie Babies
- Playing cards

-FOOD/DRINK

- * **Powdered Drink Mixes (for bottled water: Gatorade, Propel, Crystal Light, Kool-Aid)**
- Snacks that can easily be thrown in a leg pocket or backpack for example: Beef jerky (Slim Jims), candy, Dried Fruit, Nuts, Low calorie snacks, Sugar-free gum
- Coffee
- Powdered Creamer
- All other kinds of junk foods: Chips, Hot Chocolate, Cookies, Triscuits, Wheat Thins, Crackers, Microwave Popcorn
- Zip-Lock Storage bags – all sizes

ITEMS WITH ASTERISKS ARE PARTICULARLY ENJOYED, ESPECIALY Q-TIPS, FLIP FLOPS (THICK SOLED) , SOCKS, and BABY WIPES.