

**SUPPORT OUR U.S. TROOPS  
DONATE TO A  
“U.S. TROOP CARE PACKAGE”**

**PERSONAL CARE ITEMS**

Travel Sizes Only, No Aerosols, and Nothing That Will Melt  
Troops have little storage and must carry 50 lb + in gear.  
The smaller the items the better. THINK CAMPING!  
U.S. Troop Care Package  
uses the U.S. Post Office Flat Rate Priority Boxes  
to send Care Packages.  
The box is approximately 8 ½” x 11” x 5” deep.

Baby Wipes  
(Used for bathing in lieu of showers)

Laundry Soap  
(Small Single-Load Packs, Trial Sizes, or 'Tablets')

Liquid, Bar, or Waterless Soap

Shampoo, Conditioner

Lotion  
(Tube Only)  
(For rough, dry skin)

Sunblock, Aloe Vera

Hand Sanitizer

Liquid Body Wash  
(Used also for shaving)

Deodorant  
(Roll-On or Gel Only)

Shaving Cream  
(Non-Aerosol Only)

Eye Drops  
(Relieves irritation from sand)

Saline Spray/Drops

(Sensitive nasal passages)

Kleenex  
(Individual Packs)

Toilet Paper  
(1” x 4”)

Q-Tips  
(Travel Packs)  
(Used to clean ears and guns)

Feminine Hygiene Products, Tampax

Disposable Razors  
(2-5 Pack)

Baby Powder, Foot Powder  
(Used on body and in boots to keep dry)

Dr. Scholls Moleskin  
(Pads for sore feet)

Blistex, Vaseline, Carmex  
(Squeeze Tube)

Toothpaste, Toothbrush

Mouthwash

Dental Floss/Picks

**MISCELLANEOUS ITEMS**

MAG Lite (Flashlight), Bulbs and Batteries

Insect Repellent (Deet)  
(Pump Action or Towelettes)

Hand Warmers

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Writing Paper, Envelopes, Pens

Games and Puzzles (Hand Held)

DVD's and CD's  
(Movies and Music)

Hand/Foot Warmers

**FOOD ITEMS**

Travel Sizes Only, No Aerosols, No Pork,  
and Nothing That Will Melt

<"3">PLEASE WATCH FOR FOOD EXPIRATION DATES AS  
WE CAN NOT SEND FOOD ITEMS THAT HAVE EXPIRED  
DATES

Chips - Doritos, Pringles, Corn and Potato Snacks  
(2-3 oz. Plastic Containers or Individual Snack Packs)

Dips  
(9 oz. Plastic Containers or Cans)

Trail Mix, Poppycock, Butter Toffee (Popcorn)  
(7-8 oz. Snack Packs)

Crackers, Cookies, Power Bars  
(12 oz. or Individual Snack Packs)  
(Cheese and Crackers, Peanut Butter and Crackers)

Cereal  
(Individual Boxes or Plastic Cups)

Cheese  
(Plastic Squeeze Container)

Fruit and Nuts  
(6-8 oz. Dried or Canned Snack Packs)  
Apricots, Bananas, Cherries, Mixed Fruit,  
Peaches, Pineapple, Rasins)

Pudding, Jell-O  
(Squeeze Tube or Snack Packs)

Soups  
(15 oz. Plastic Containers)  
(Campbell's Soup at Hand)

Lasagna, Ravioli, Spaghetti, Mac & Cheese, Chili,  
Beef Stew, Chicken n' Dumplins, Noodles & Chicken  
(7-15 oz. Plastic Containers)  
(Chef Boyardee/Nalleys)

Chicken, Turkey, Salmon, Tuna  
(7 oz. Easy Open Packs)  
(Chicken of the Sea/Bumble Bee)

Tea, Coffee, Hot Chocolate,  
Apple Cider, Powdered Drinks  
(Individual Servings)  
(Chrystal Light, Kool Aid, Country Time, Smuckers, Capri  
Sun)

Spices  
(Sweet, Sour, Spicy, etc. - Tabasco, Season Salt)  
Sugar (Packs) and Creamers  
(MRE's - (Meals Ready to Eat)  
become bland (boring) over time and need flavoring)

Gum, Lifesavers, Hard Candy