



Support our Troups--The first box was sent to Spc Michael Keenan (eye drops, hard candies, car/truck/motorcycle magazines, snacks, baggies and various toiletries). Please bring your contributions so we can mail a box or two a month to support Michael and others in his squad. A list of items can be found at <http://www.ustroopcarepackage.com> and also listed below. Cash contributions will be used to buy items to round out the boxes.

**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**

**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

**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' Dumplings, 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**