

SOLDIER CARE PACKAGE ITEMS/IDEAS

General Hygiene

- Personal hygiene items(unscented whenever possible)
- Wet wipes, individually wrapped
- Disposable razors (men's and women's)
- Chap sticks
- Body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner
- Foot powder and the like

Feminine products (unscented whenever possible)

- Small packs of napkins and tampons
- Female version of body wash, lotion, razors, face wash, mouth wash, deodorant, Q-tips, hair de-tangler, face moisturizer, shampoo, conditioner

Food

- Beef jerky/ Slim Jims
- Gum – all flavors
- Protein Bars (Quest/Mission 1/Combat Crunch; cookies and cream/chocolate)
- Protein Mixer Bottles/Shakers
- Hand Sanitizer
- Cookies, crackers
- Corn nuts
- Chocolate Candy/Candy Bars/ Hard candy
- Rice Krispy Treats
- Granola and other snack bars
- Nuts *other than peanuts* in re-sealable containers
- Dried fruits in re-sealable containers
- Tins and packets of flavored coffee and cappuccino
- Breath mints

General Needs

- Laundry PODS packed in a sturdy plastic or metal container.
- Sunscreen
- Small grooming kits
- AA batteries/AAA batteries
- 2 GB + USB memory sticks (thumb drives) (blank)
- Cards, letters, group photos (we want the troops to know real people did this for them)
- Tobacco (“yes, many smoke, dip, chew, and vape”)
- \$25 VISA and M/C gift cards (gives them maximum flexibility, for WIFI, etc)

No-Nos

- No pressurized product (aerosol shave cream etc.)
- No cocoa