

CARE PACKAGE ITEMS

Food Items:

Instant coffee
Powdered Gatorade
Powdered hot chocolate
Kool-Aid (make sure it's presweetened)
Tea Bags
Slim Jims
Crackers
Single servings of bagged chips (small bags stay fresh longer)
Candy (anything that won't melt, M&Ms)
Snack cakes (like Little Debbie or Hostess)
Bubble gum
Rice Krispie treats
Dry cereal (individual serving boxes stay very fresh)
Kraft Easy Mac
Ragu Express
Microwave popcorn
Beef Jerky (factory sealed)
Granola Bars (factory sealed)
Power Bars
Dried fruit (factory sealed)
Chex mix
Canned soup
Tuna
Spices
Oatmeal
Lollipops
Marshmallows
Canned chicken
Instant soup

For the Kids to Send:

Pictures or stories written by the kids
A video or cassette tape of the kids
Buy some magnetic computer paper and let the kids color on it – the
Soldier can easily hang it on the metal bed frame they sleep on or in their HumVees
Use a plaster sculpture kit to send a handprint (make sure to wrap carefully)

Practical

Baby wipes
Clorox wipes
Razors and shaving cream
Shampoo and conditioner
After shave lotion
Soap or body wash
Mouthwash (ACT or anything alcohol free)
Deodorant
T-shirts, underwear, socks

Big fluffy towel
Eye drops
Chapstick or lip balm
Sun block
Bug spray
Lotion
Dental Floss
Baby Powder
Foot powder
Comb/brush
Cotton balls
Liquid hand sanitizer
Breath mints
Contact lens cleaner
Nail files
Feminine hygiene products

Just for Fun

Batteries
Stress ball
Phone cards (AT&T work best from Kuwait)
Magazines
Paperback books
Disposable cameras
Puzzles
Film
Journal
Yo-yo
Frisbee
Hackie sack
Jump rope
Postcards
Mini-fans
Mini nerf type balls