

# SHOPPING LIST



The following Care and Comfort items are needed on a continuing basis for our deployed U.S. forces:

## **Snacks, Foods, and Treats**

Individually wrapped hard candy ( Twizzlers, Tootsie Rolls, Tootsie Pops, Skittles, lollipops, Life Savers, Sweet Tarts, etc), chewing and bubble gum, mints, breath strips (No home made items, please. Chocolate is accepted October - March.)

Small packages (lunch box sized) of nuts, seeds, pretzels, cookies, chips (Pringle type containers best), Cracker Jacks, crackers, Corn Nuts, fruit snacks and fruit leather, Gardettos

Trail Mix, energy bars, protein bars, breakfast and granola bars, nut bars, instant oatmeal, Kraft Easy Mac, ramen, Cup a Noodles

Powdered, sweetened drink mixes (Gatorade, Crystal Light, Kool-Aid), ground or instant coffee, tea bags, hot chocolate, cider mix, sugar, sweetener, Coffee Mate, and condiment packets

Canned meats (NO PORK!), stews, chili, ravioli, soups, fruit, beef jerky, non-refrigerated microwavable meals

## **Personal, Hygiene and Toiletries**

Hotel/travel sized gel deodorant, shampoo, lotion, toothpaste and mouthwash, toothbrushes, dental floss and lip balm

For Females: Hair bands, clips, bobby pins, tampons, maxi and mini pads, oil free face cleaner, makeup remover, nail kits, mascara and makeup.

Disposable Razors, Eye drops, Nose Drops, Unscented Baby Wipes, Wet wipes, Small Hand Sanitizer, Mach III Turbo Razor Blades and other good razors and blades

Small Kleenex Packets, Q-Tips (Large packages are fine), Anti-Fungal Creams, Band Aids, Foot Powder, Sunscreen

DVDs, CDs, game consoles and games (even older models as long as you have the connectors), AAA and AA batteries, pens, pencils, blank greeting cards and stationary, stickers, disposable cameras, AT&T phone cards

Gallon, Quart, Sandwich, and Snack Sized Ziploc Bags (to make care packages)

Hand written cards and letters of encouragement for our troops