The Woodlands Township

Recommended Items for Care Packages

FOOD, SNACKS AND DRINKS: (Please - no expired or canned food)

- PROTEIN POWDER & PROTEIN BARS (Top request!)
- K-CUPS for KEURIG MACHINES (coffee, tea, hot cocoa)
- POWDER DRINK MIX (Gatorade, Kool-Aid, Crystal Light)
- TUNA & CHICKEN SALAD (in foil pouches, or ready-to-eat kits (no cans)
- BEEF JERKY / SLIM JIMS
- SUNFLOWER SEEDS & PUMPKIN SEEDS
- CHOCOLATE PRODUCTS Accepted only <u>OCT. through FEB</u> (it will melt in high temperatures!)
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz Crackers
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers Small Packs
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies
- NUTS: Peanuts, Mixed Nuts (salted preferred)
- MICROWAVE FOOD (Chef-Boy-R-Dee, stews, Hamburger Helper, etc.)
- COOKIES / Girl Scout Cookies (with chocolate: Oct. February only!)
- Rice Krispie Treats (Store-bought only)
- Little Debbies & Hostess cake products
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated energy gum or candy (to stay alert)

TOILETRIES: NO HOTEL SAMPLES!

(Note: Some troops have allergies & need <u>Brand Name</u> toiletries which list all ingredients. The military issues and/or sells toiletries to our troops, however troops often miss their favorite brand of shampoo or soap. Our goal is to send troops <u>reminders of home</u> & items they miss ... not free samples.)

- Lip Balm / Chap Stick / Carmex / Blistex
- Body Wash, Liquid Soap, Facial Cleanser
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins (in original packaging, please)
- Deodorant (travel size)
- Shaving Cream in Tubes / Shaving Soap (No <u>CANS</u> of Shaving Cream!)
- Hand & Body Lotion / Moisturizer (travel size)
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft
- Mouthwash (travel size)
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Loufa Sponges / Buff Puffs
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Moleskin & Shoe Insole Cushions (gel kind is best)
- Tylenol, Motrin, Advil or Aspirin Packets (Please check expiration dates)

- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins (These are always needed. Please check expiration dates)

ENTERTAINMENT AND SPORTS:

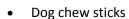
- iTunes® Gift Cards (Top request!)
- DVD Movies (new or used recent releases only, please!)
- Xbox Games, PSP, PS2 & PS3 Games (new or used)
- Board Games (Top request!)
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones
- Electronic handheld games
- Small homemade gifts reminders & comforts of "home"
- Small photographs or posters of scenery for their tents & walls
- Double-sided tape, small crafts kits, scrap-booking items
- Day planners / Small, Pocket Calendars sent in Dec. & Jan.
- Game Books: (Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku)
- Yo-Yo's, Dominoes, Poker Chips & Mats, Dice
- Board games (UNO, Othello, Checkers travel size is great, too!)
- Dart Boards (regular or magnetic any size)
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks

OTHER:

- Keurig Coffee Makers & "K-Cups" (to be shared)
- **LINENS:** Pillow cases, twin sheets, towels & washcloths (green & tan)
- LAUNDRY DETERGENT/ FABRIC SOFTENER SHEETS
- FLASHLIGHTS SMALL (battery operated. Surefire Brand preferred)
- AIR FRESHENERS (standalone-not plug-in. Car types are also good)
- Holiday and Seasonal Decorations
- Fleece Blankets (Yes, it gets very cold in the winter over there!!)
- Disposable Hand warmers and Foot warmers (in the wintertime)
- Winter Hats (Yes, it snows in the winter over there! Hand knitted hats in black, tan or green are always welcome!)
- PHONE CARDS Pre-Paid
- Small toys (Beanie babies) & school supplies for foreign children
- Patriotic knick-knacks, USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners to tack on their walls or tents.
- <u>TOOLS</u> (including staple guns), paint brushes, adhesive wall hooks, wall screws, small tool kits, rubber gloves, sponges, unused rags, etc
- Dust masks, carpentry tools, Fly swatters, fly paper, mosquito netting, bug repellent in <u>plastic</u> pump bottles only <u>NO AEROSOL or PRESSURIZED CANS</u>.
- Gun cleaning supplies (lube) such as Militec-1 & CLP
- Alarm Clocks (Small in size; wind-up or battery-operated)
- Small, portable heaters & fans (110 voltage okay)
- Water Bottles, Travel Mugs & Thermoses with Lids (for Coffee, Soup, etc)

- Coffee Makers & Filters (110 voltage okay)
- Coffee Bean Grinders small (electric or battery-operated)
- Microwave Ovens (55 pounds max; 110 voltage okay)
- Hot Pots Small
- Elixir & Water Purification Tablets for Camelbaks
- Combat Application Tourniquets (black only)
- Religious booklets, small bibles, inspirational readings(recent, please)
- Musical Instruments requested (please contact us before sending)
- T-SHIRTS: Cotton green & tan under shirts new (Sizes: M, L & XL)
 [Note: The DOD banned "Under-Armor" shirts due to its material being potentially flammable & bad reactions to open wounds.]
- SOCKS: Black, Olive Green & White (cotton or wool)

K-9 ITEMS: 🌄



- Toys
- Shampoo
- Flea collars
- Harnesses, etc.

Cards & Letters: The troops love to hear from all of us and mail brightens their days! These are the **MOST IMPORTANT** items we can send the troops & we can never have too many, so please keep writing! Consider making a patriotic banner or poster to send inside one of our care packages!