



Recommended Military Care Package Items

- Letters and Cards of Support
- Children's Drawings

FOOD ITEMS: (No Pork or Anything That Will Melt)

- Beef Jerky, Slim Jims
- Canned Chicken, Turkey, Salmon, Tuna (or in pouches)
- Tea, Coffee, Powdered Drinks, powdered Gatorade
- Spices (Salt, Pepper, Season Salt, Sugar and Powdered Creamers)
- Gum, Lifesavers, Hard Candy
- Chips (only ones in cans – others will crush)
- Trail Mix
- Crackers, Cookies (in tins)
- Power Bars, Granola Bars
- Cereal (only in small boxes)
- Dried Fruit
- Microwavable Popcorn
- Nuts
- Soups
- Oatmeal
- Rice Krispy Treats – these pack well.
- Sunflower seeds

MISCELLANEOUS ITEMS:

- Batteries
- DVD's and CD's
- Flashlights
- Games and Puzzles (Hand Held)
- Inflatable Pillows
- Insect Repellent – **(no aerosol allowed)**
- Miscellaneous Cards for Service Members to Send Home
- Long Distance Phone Cards
- Playing Cards/Dice/Small Footballs/Hacky-Sacs/Dominoes



- Writing Paper, Envelopes, Pens
- Zip Lock Bags

PERSONAL CARE ITEMS:

- Baby Wipes/Clorox Wipes
- Dental Floss/Picks
- Baby Powder, Foot Powder
- Dr. Scholl's Moleskin
- Lip Balm/Chap Stick
- Eye Drops
- Contact Lens Solution – **LARGE LIQUIDS ARE NOT ALLOWED TO SEND**
- Hair Accessories
- Deodorant (**no aerosol allowed**)
- Bar, or Waterless Soap
- Sunblock (**no aerosol allowed**), Aloe Vera
- Shampoo, Conditioner - **LARGE LIQUIDS ARE NOT ALLOWED TO SEND**
- Q-Tips
- Feminine Hygiene Products
- Toothpaste, Toothbrush

The USPS is no longer allowing us to send liquids.

We never have been able to send Aerosol cans.

When buying cookies, chips, etc. – remember the box will be packed full, moved around a lot while in the mail, so any items that you think will be crushed during the mail, don't include them.