

Suggested Items for the Troops

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| Air Wick stick-ups | magazines |
| after shave lotion | mouthwash |
| baby wipes | nutella |
| beef jerky or beef sticks | paperback books (not violent ones) |
| batteries | peanut butter & jelly (non glass jars) |
| breakfast bars, Granola bars, power bars | pens/paper and envelopes |
| cheese spread (no spray cans) | pocket electronic games |
| chips (in cans) | potted meats |
| condiments (non glass bottles) | razors |
| disposable cameras | shampoo/conditioner |
| Dixie cups | shaving cream |
| DVD's (not violent movies) | small battery operated fan or light |
| eye drops | small board games |
| eyeglass cleaner wipes | small sewing kit |
| flavor packets for water (ice tea, etc.) | soap |
| foot powder | sunblock |
| gel insoles | sunflower seeds |
| gum | tea bags |
| hard candy (not chocolate as it melts) | toilet paper |
| instant coffee | toothbrushes and toothpaste |
| instant meals in a package: ie; cup of noodles, soups, pop tarts, etc. | tuna (small easy open can or soft package) |
| lip balm | T-shirts/underwear/socks |
| long distance calling cards | Vicks Vapo Rub |

Keep in mind that items must fit in a 12" x 12" x 5 ½" box