



## *Wish List of Items for Soldier Care Packages*

Due to Policies and Regulations, the following items  
**CANNOT BE SHIPPED and/or ACCEPTED:**

**HOME-BAKED FOOD**  
**GLASS BOTTLES or GLASS JARS**  
**AEROSOL CANS or SPRAYS**  
**EXPIRED FOOD**  
**CANNED FOOD**  
**LIGHTERS, MATCHES or LIGHTER FLUID**  
**HOTEL SAMPLES**  
**VHS TAPES**  
**CONTRABAND ITEMS (live plants, tobacco, nudity, etc.)**  
**HARD-COVER BOOKS & MUSIC**

**For security and sanitary reasons, please leave all items in their original packages.  
When purchasing items, please choose the latest expiration date possible.**

**Thank you for your cooperation and support!**

**Items in PURPLE are the MOST NEEDED & REQUESTED!**

### **FOOD and SNACKS:**

- **Beef Jerky / Slim Jims**
- **Coffee (Ground or whole; instant or drip),**
- **Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)**
- **Pumpkin Seeds / Sunflower Seeds**
- **Tuna in foil pouches (no cans)**
- **Protein Powders / Protein Bars / Cliff Bars**
- **\*NO CHOCOLATE PRODUCTS to be mailed from MARCH to OCTOBER (it will melt in high temperatures!)**
- Hot Chocolate packets, Herbal teas, Powdered Energy Mixes
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins
- Gum / Hard Candy (must be individually wrapped in large bags)
- Granola Bars / Power Bars / Cereal Bars
- Small Packs of Fig Newtons, Oreos, Cheese & Crackers
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies
- DRY SOUP: (Ramen Noodles / Cup-O-Soup: just add water)
- NUTS: Peanuts, Mixed Nuts (salted preferred)
- MICROWAVE FOOD (Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese...)
- COOKIES / Girl Scout Cookies (with chocolate: Oct. - Feb. only!)
- Rice Krispie Treats (Store-bought only)
- Little Debbie® & Hostess® cake products
- Oatmeal Packs (Instant: just add water)
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated gum or candy (to stay alert)

### ***TOILETRIES: NO HOTEL SAMPLES!***

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

- **Baby wipes (travel size)**
- **Liquid Hand Sanitizer (travel size)**
- Body Wash, Liquid Soap, Facial Cleanser
- Shampoo /Conditioner (travel size)
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins
- Eye Drops (i.e. Visine)
- Nasal Spray
- Deodorant (travel size)
- Razors (disposable: "Intuition" or "Mach 3" type)
- Shaving Cream / Shaving Soap (*in boxes or tubes; NO CANS of Shaving Cream, please!*)
- Cotton Swabs (i.e. Q-tips)
- Band-aids, Gauze Pads, First Aid Kits
- Lip balm / Chap Stick / Carmex / Blistex
- Baby Powder & Foot Powder (travel size)
- Loufa Sponges / Buff Puffs / Washcloths
- Tissues (individual packs; travel size only)
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft
- Hand & Body Lotion / Moisturizer (travel size)
- Mouthwash (travel size)
- Toothpaste & Toothbrushes & Dental Floss
- Vitamins (multi-vitamins are always needed!)
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Cotton Balls
- Tylenol, Motrin, Advil or Aspirin Packets
- Moleskin
- Shoe Insole Cushions (gel kind is best)


### **ENTERTAINMENT and SPORTS:**

- **Batteries: (AA, AAA, C & 9 Volt are the most requested)**
- **DVD Movies (new or used - recent releases only, please!)**
- **Xbox Games (new or used)**
- **PSP, PS2 & PS3 Games (new or used)**
- **Portable CD players / head phones**
- Small homemade gifts - reminders & comforts of "home"
- Small photographs or posters of scenery for their walls
- Pens & mechanical pencils, small notepads
- Stationery & Envelopes; blank cards to send home
- Double-sided tape, small crafts kits, scrapbooking items

- Day planners / Calendars / Small, Pocket Calendars
- Game Books: (Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku)
- Yo-Yo's, Dominoes, New Playing Cards, poker chips, Dice
- Board games (UNO, Othello, checkers - travel size is great, too!)
- Nerf footballs / Whiffle balls / Mitts / Sports equipment
- Frisbees / Hackey sacks
- Electronic handheld games
- 35 mm disposable cameras
- iTunes® Gift Cards
- Travel Mugs & Thermoses with Lids (for Coffee, Tea & Soup)
- Flash Drives & Thumb Drives for laptop computers
- Music CDs & books (**Accepted ONLY at our NORTH CAROLINA BRANCH**)

### **OTHER:**

- **Linens:** Pillow cases, twin sheets, towels (green & tan)
- **T-Shirts:** Cotton green & tan under shirts (**Sizes: M, L & XL**)  
[Note: The DOD banned "Under-Armor" shirts due to its material being potentially flammable & bad reactions to open wounds.]
- **Laundry Detergent:** \*Refer to [www.give2thetroops.org/laundry.htm](http://www.give2thetroops.org/laundry.htm) for specific details
- **Small Flashlights** (battery operated, Surefire preferred)
- **Air Fresheners** (standalone or car types preferred. Not plug-ins)
- **Socks: Black, Olive Green & White** (cotton or wool)
- **PHONE CARDS - Pre-Paid** \* Please refer to the following website for specific details (<http://www.give2thetroops.org/PhoneCardInfo.htm>) for Where to Buy and What Types of Phone Cards to Buy from Third-Party Vendors)
- Small toys & school supplies for Iraqi & Afghan children
- Patriotic knick-knacks, USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners.
- Generic sunglasses (Ballistic, black only. No "mirrored" types)
- Alarm Clocks (Small in size; wind-up or battery-operated)
- Black or Green duct tape, small tool kits, dust masks, carpentry tools, Fly swatters, fly paper, mosquito netting, bug repellent in plastic pump bottles only (**NO AEROSOL CANS, PLEASE!**)
- Religious booklets, small bibles, inspirational readings
- Small portable heaters & fans (110 voltage okay)
- Winter Hats & Blankets (Yes, it snows in the winter over there!)
- Coffee Makers & Coffee Filters (110 voltage okay)
- Small Coffee Bean Grinders (electric or battery-operated)
- Microwave Ovens (55 lbs max; 110 voltage okay)
- Small Hot Pots
- Elixir & Water Purification Tablets
- Combat Application Tourniquets (black only)
- Holiday Decorations

- **K-9 items:**   
**Dog treats, toys, shampoo, flea collars, etc.**  
\* *Please refer to the following website for specific details*  
<http://www.give2thetroops.org/k9s.htm> to see restrictions and guidelines if you wish to donate items to the dogs. Thank you.

- **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!

*Note: Our troops do not need stamps as they're in war zones & may send mail home to their loved ones at no charge.*

*Thanks to the following organizations for their assistance with resources and suggestions in creating a NC OMK "Wish List for Soldiers Care Package" reference guide.*

US Department of Defense *Community Relations* website

<http://www.americasupportsyoud.com/americasupportsyoud/StateSupport.aspx?ID=nc>

Give2theTroops, Inc. (North Carolina location)

<http://www.give2thetroops.org/>

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*Visit:* [www.operationmilitarykids.org](http://www.operationmilitarykids.org)

or

[/www.nc4h.org/military/index.html](http://www.nc4h.org/military/index.html)