LIST OF ITEMS TO SEND TO THE TROOPS
(No glass, aerosol cans/sprays, or lighters)

* Purple font = most NEEDED & REQUESTED Items

**FOOD:**
- Whey Protein Bars & Powder
- Tuna Fish in packets (not cans)
- Salted Pumpkin Seeds/Sunflower Seeds
- Beef Jerky / Slim Jims (They love this!)
- Granola Bars, Breakfast Bars & Power Bars
- Trail Mix, Dried Fruit & Raisins
- Salted Nuts (any kind)
- Pop-Tarts
- Cookies (Girls Scout or any kind)
- Coffee (ground or instant - decaf or regular)
- Condiments and spices (no glass)
- Pretzels (no breakable chips)
- Snack Foods (any kind!)
- Gatorade / Kool-Aid / Crystal Light (Instant Drink Mixes)
- GUM & hard candy (must be wrapped!)
- Fruit Roll-Ups, Gushers, etc.
- Oatmeal (Instant, in packets)
- Small packs of crackers or cookies
- Ramen Noodles/Cup-o-Soup (instant soup - add water)
- Hot Chocolate Packets
- Peanut butter (small plastic jars or tubes)
- Low-Carb foods
- Cereal (small, individual boxes)
- Microwaveable foods (Mac & Cheese, popcorn, too!)
- Chip Dips in cans or tubes
- NO CHOCOLATE (April-Sept. or else it melts!)

**TOILETRIES:**
- Razors (Mach-3 brand preferred)
- Shaving cream (tubes only)
- Feminine hygiene products
- Breath Mints/ Listerine strips
- Toothpaste & toothbrushes
- Body Wash
- Eye drops (i.e. Visine)
- Lip balm & Chapstick
- Baby powder
- Sunblock, Sunscreen, Zinc
- Vitamins – any kind
- Electric shavers (battery powered)
- Combs & hair brushes
- Nail clippers, nail files
- Mouthwash
- Lozenges & cough drops
- Liquid hand sanitizer
- Band-Aids
- Moleskin
- Foot powder
- Deodorant
- Bug Spray & DEET
- Toiletries Bags/Cases
- Q-tips
- Cotton balls
- Dental Floss
- Tissues: Individual packs
- Shampoo & conditioner
- Hand & body lotion
- Baby wipes
- Nasal spray
- Tylenol & aspirin packets
- Anti-itch or cortisone cream

**ENTERTAINMENT:**
- DVD movies (new or used)
- Music CDs (new or used)
- X-Box games (new or used)
- PS2 games (new or used)
- Travel size games (UNO, Othello)
- Portable CD players
- 35 mm Disposable Cameras
- Arts & Crafts kits/sketch pads
- Electronic games (handheld)
- Crosswords & other puzzle books
- Comic Books
- Mad Libs, Joke books
- Batteries: “AA” and “C”
- Playing cards
- Pens & mechanical pencils
- Paperback books (new or used)
- Water guns
- Nerf footballs
- Yo Yo’s
- Frisbees, Whiffle Balls
- Baseball & sports gear
- Hacky sack balls
- Envelopes & stationery
- Day planners & pocket calendars

**OTHER:**
- Pre-Paid, phone cards (AT&T Long Distance preferred)
- White Cotton Socks
- Black Cotton or Wool socks
- Generic sunglasses
- Shoe & boot insole cushions
- Bandanas
- Under Armor Shirts
- T-shirts for hospital use
- Room deodorizers
- ZIP LOC, Freezer Baggies
- Battery-operated fans
- Laundry detergent (powdered only)
- Dryer fabric sheets
- Fly swatters / fly paper
- Toys & school supplies for children
- Twin size pillow cases
- Twin size bed sheets
- Duct Tape
- Hair clippers (electric)
- Flashlights
- Plastic utensils
- Paper plates

THANK YOU! God Bless our Military, our POW’s, Our Veterans and this great nation!
Questions? Please visit our website at www.Give2TheTroops.org