

Food Items

Beef jerky, beef summer sausage (non-perishable, USDA Beef)
Canned cheese dips (NO glass please)
Canned sardines, smoked oysters
Chicken or tuna lunch kits (includes foil pouch of tuna, crackers, and condiments in each single-serving kit)
Cookies, Single-serving bags of snacks, crackers, Power bars, protein bars, nutritional bars, Pop Tarts®, cereal bars, granola bars, Popcorn
Fruit: single serving size cans,
Gum, Lifesavers®, mints (blister pack gum is best because of the intense heat)
Hard candy (single-wrapped)
Jalapeno Velveeta® and crackers
Nuts, sunflower seeds, peanuts, trail mix, dried fruit
Ramen noodles, Ravioli and other canned ready-to-eat meals (single serving) with pop-top
Seasoning salts, flavoring salts
Taco Bell® sauce packets
Crystal Light® (or other brand) "On the Go" flavor packets
Ground coffee, instant coffee, hot cocoa, powdered or shelf-stable creamer
Lemonade mix, Kool-Aid® mix, Tang®, Iced Tea mix, Sports drink mix (powdered and tablet only)

Recreation Items

Gently used magazines less than three months old, books
Hacky sacks, tennis balls
Movie DVDs (new or used), batteries (AA/AAA)
New decks of cards, Small hand-held games, pads of paper, pens/pencils, envelopes
Disposable, instant hand warmers (during the winter months only)
Electrical tape, Tactical duct tape: military green, tan, or black, Super glue, Snack, sandwich, quart-size Ziploc plastic bags
Leatherman all-in-one tool

Clothing Items

Balaclavas, Stocking caps (plain or black), Tactical scarves, Fingerless gloves, Sunglasses
Black or white cotton socks, Men's and women's underwear (try military surplus stores), Long underwear (during winter months)
Boot bands, boot laces (72") brown or tan
Boot socks: black, tan, or olive green
T-shirts (olive drab or white)

Personal Care Items

Baby wipes for personal hygiene (alcohol-free), Disposable hand sanitizing wipes, Liquid hand sanitizers (no pump-style dispensers), Kleenex (travel-size)
Eye drops (to relieve dry eye, not redness), Eyeglass wipes, Saline spray/drops for sensitive nasal passages
Insect repellent
Lip balm (Blistex®, Chapstick®, Carmex®) in stick-tubes rather than tubs, not tinted
Pain relievers (Aspirin, Ibuprofen, Tylenol®, Midol®) in small containers, Throat lozenges
Sunblock (travel size or stick preferable, no aerosol, SPF 30+)
Travel size packages of Q-tips
Women's feminine wipes
Dental floss
Disposable multi-blade razors (no single-blade razors please)
Liquid body wash soap, liquid anti-bacterial soap (no bar soap or pump-style dispensers)
Lotion, unscented, for dry skin (no pump-style dispensers)
Men's and women's deodorant
Nail clippers
Oral B Brush-Ups™
Razors and replacement blades
Shampoo
Toothbrushes
Toothpaste (in hard-side tubes rather than traditional tubes)
DO NOT send baby powder
Anti-fungal treatments
Band-Aids® (sweat/water resistant)
Boot liners/insoles
Lotrimin AF® or Tinactin® for athletes' foot (Ointment or cream, no aerosol)
Medicated foot powder, medicated foot swabs (Gold Bond® preferable)
Moleskin (provides padding on sore feet, you'll find it with Dr. Scholl's® type things at Wal-Mart or drug stores)
Odor Eaters® for boots