

CARE PACKAGE ITEMS SOLDIERS HAVE REQUESTED

FOOD ITEMS:

DO NOT SEND: Chocolate candy bars because they melt. Liquids that will leak. Pork is offensive to the Muslim culture.

DO SEND: Any kind of junk food that will ship well.

Cookies

Coffee

Beef Jerky

Salted Peanuts

Cup of Noodles (The “just add hot water” kind)

Trail Mix

Sunflower Seeds

Granola Bars

Breakfast Bars

Fruit Snacks

Bean Dip, Salsa, and Chips

Crackers

Soup, Canned Chicken (Pop-open cans or send a can opener with it.)

Tuna pouches

Powder Drink Mixes to add to water bottles. (Kool-Aid, Propel, Gatorade, Instant Coffee)

Sugar and Creamer Packets

Sauces to liven up the taste of foods (BBQ, Ranch, Ketchup, Salsa, Soy Sauce, Hot Sauce, etc.)

CARE ITEMS:

DO NOT SEND: Hygiene items, such as toothbrushes, soap, toothpaste, razors, etc. Our soldiers say that because of the generosity of people sending care packages, there are more personal hygiene items stored at the military base camps than they need.

DO SEND: Canned-air to clean dust out of computers, weapons, and other equipment.

RECREATION:

DO NOT SEND: It is against military regulations for soldiers to possess pornographic materials, and punishable under the Uniform Code of Military Justice. It is also advised that possessing such is disrespectful to the sensitivities of the Muslim culture.

DO SEND: Anything that the soldiers can do on their down time that will help them relax. They need things that will help them smile and laugh, they need a little comic relief.

DVD Movies (New or Used)

Music CDs (New or Used)

CDs containing iPOD or MP3 Music

Video-taped Oregon State and/ or University of Oregon sporting events

Games (Small travel size games are the best.)

Books

Current Magazines

OREGON NEWSPAPERS! (Especially the sports sections)

MISCELLANEOUS:

Travel size laundry detergent

Small flash lights

Batteries of different sizes

Phone Cards (AT&T and MCI work the best)

Oregon Photos and Calendars

Any Oregon specific items give them a reminder of home.

School supplies or toys to be given to local children.

TOBACCO: Sending these items is up to your personal preference. The military discourages the use of tobacco, but the reality is that soldiers are asking for it.

Cigarettes (Marlboro, Camel)

Chewing Tobacco (Skoal, Copenhagen)

HELPFUL WEBSITES: www.americasupportsyou.com www.usps.com/supportingourtroops/
www.anysoldier.com