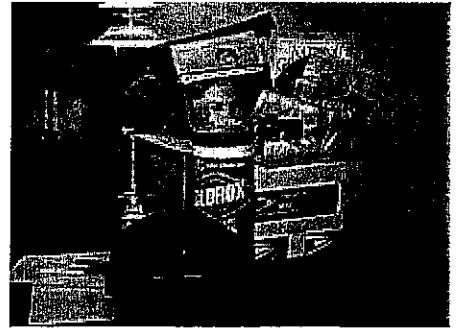


Care Package – Suggestions and Ideas

These suggestions and ideas are from Operation Military Pride, another organization dedicated to the connection between civilians and soldiers serving our country overseas through correspondence. Please log on to OMP's website and explore: www.operationmilitarypride.org.



RESTRICTED ITEMS:

*These items are subject to confiscation.

- Pressurized items such as shaving cream
- Candy and chocolate that may melt
- Pornographic Materials
- Liquor/Alcoholic Beverages
- Money
- Religious Objects

Food Items:

- Instant coffee, powdered drink mixes (Gatorade, Kool-Aid, hot chocolate, etc.)
- Sweetner, sugar
- Tea Bags
- Slim Jims, Beef Jerky, Summer Sausage
- Crackers
- Individual packages of chips, cereal, cookies, and other snacks (Rice Krispy treats, Chex Mix, Dried Fruit etc.)
- Candy and gum (avoid anything that will melt)

- Kraft Easy Mac
- Microwave Popcorn
- Granola bars, Power Bars, Breakfast bars
- Canned goods (soup, tuna, chicken, etc.)
- Oatmeal
- Ragu Express
- Instant Soup (Cup-o-Noodles, Ramen etc.)
- Condiments (spices, mustard, ketchup, mayonnaise, salt, pepper, hot sauce, salad dressing, etc.)

Practical Items:

- Clorox Wipes, Baby Wipes
- Shower supplies (shampoo, conditioner, soap/body wash etc.)
- Mouthwash, Dental Floss, Toothbrush, Toothpaste
- Deodorant
- T-shirts, Socks, Underwear
- Towels and washcloths

- Eye Drops, Contact Lens Cleaner
- Chapstick/Lip Balm
- Sun Block
- Lotion
- Baby Powder/Foot Powder
- Combs and/or Brushes
- Cotton Balls/Q-Tips
- Liquid Hand Sanitizer
- Breath Mints
- Nail Files

Leisure Items:

- Batteries
- Magazines (Sports, Body Building, News)
- Books
- Disposable Cameras
- Stamps, Paper, Pens, Envelopes
- Puzzles
- Frisbees
- Hackie Sacks
- Squirt Guns
- Electronic Games (X-Box, PS2, Game Cube, etc.)
- Jump Ropes
- Phone Cards

Please note: The most popular requested items are: gently used X-box, Playstation, and PlayStation 2 video games (ask your soldier if he has a gaming system available before sending anything), and gently used magazines or books.