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# CARE PACKAGE GUIDELINES

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What exactly is in a care package? Care packages can contain all sorts of items. Snacks are always appreciated. Basic necessities that we use each day without a thought, are considered luxury items to our men and women in the military. Often, the closest thing to a shower is a moist cleansing wipe. Socks are worn until they are thrown out because doing laundry is a luxury rarely heard of while deployed. Receiving eye drops or Blistex can make a soldier's day. Join us in our efforts to support our troops. Donate items to be included in care packages that will be delivered to the front lines.

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## SUGGESTED CARE PACKAGE ITEMS

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Though not a regulation, keep items small. Pocketsize, travel-size, and sample-size are ideal. Packages will have a better variety of treats, but more importantly, our military personnel have to pack and carry these items all the time. If they can't fit the item in their bag, they won't take it with them. We want to send something they can use and travel as lightly as possible. If large items are donated, we can send them, but it isn't as easy to get them to a destination. We have to be careful where the items are sent so they can be used.

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## DRINK ITEMS

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- Gatorade drink mix
  - Pre-sweetened drink mixes
  - Crystal Light Individual Drink Mix
  - Coffee
  - Tea
  - Hot cocoa mix
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## FOOD ITEMS (MUST be sealed!)

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- Gum
- Candy
- Mints
- Lifesavers
- Individually wrapped snacks (small sizes)
- Peanuts
- Sunflower seeds
- Dried fruits: raisins, dried apricots
- Trail mix
- Canned fruit (**single serving** fruit packs IN CANS such as cut peaches, applesauce, etc.)

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- Fruit roll-ups
  - Power bars, protein bars, nutritional bars, breakfast bars, granola bars
  - Pop Tarts
  - Crackers/ flavored snack crackers
  - Peanut butter
  - Beef Jerky (Certified and labeled USDA Grade A)
  - Canned Tuna (Choose flip-top lids whenever possible)
  - Beef Slim Jims

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## **PERSONAL CARE ITEMS**

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- Eyeglass cleaning wipes
- Eye drops
- Sun block
- Aloe Vera
- Blistex
- Chapstick
- Vaseline
- Nasal drops/saline spray
- Foot powder
- Odor-eaters for boots
- Brown Socks (that can be worn with combat boots)
- Boot laces (72" for combat boots)

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## **COMMUNICATION ITEMS**

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- Paper
- Envelopes
- Pens
- Pre-addressed envelope (if you want soldiers to write to you)
- Pocket-size notebooks
- Single-use cameras

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## **OTHER**

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- Pocket-sized Bibles
  - Magazines and paperback books (Choose from subject matter that most would be interested in. Donate from what you have already read.)
  - Movies (DVD or VHS) (Also, some you have already watched) (Of course, new is also terrific!)
  - Batteries (AAA, AA, C are the most popular)
  - Duct tape (military green, tan, black, navy)
  - Electrical tape
  - Super Glue
  - Ziploc bags (quart size bags are in greatest demand, sandwich size greatly needed, also 1 gallon size or 2 gallon size can be used)
  - Mailing Tape (We need this to get the boxes overseas!)
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## **POSTAGE DONATIONS**

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If you don't have the time to go shopping for care package items, you can still be a very important part of this program. We can't send a single box without the funds for postage. With postage costs being quite high, we are always in need of postage donations. There are many individuals and businesses alike that want to support our troops but they do not have the time to shop for packages. Sometimes people don't know anyone serving, but they want to show appreciate for our troops in some way. Donating funds that can be used for postage is an excellent way to show your support for our military. We usually run short when it comes to postage.