

Commonly Requested Items for Soldiers' Care Package

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Daily I receive emails and requests regarding ideas for care package content to send to soldiers. Many just simply don't know what to send. The best advice I can offer is to ask the soldier what his/her needs are and follow their guidelines as to what to send. However, some are sending packages without a specific need in mind, and simply want to donate items to our warriors. Below you will find some commonly requested items for care packages during Operation Iraqi Freedom. Most items are general and will apply to any area of deployment. For specific area needs please consult Unit Command.

Toiletries

Aromatherapy Oils

Hand Lotion

Deodorant

Body Powder

Foot Powder

Toothbrush

Toothpaste

Lip Balm

Baby Wipes

Face Moisturizer

Loofah

Makeup

Blush

Powder

Mascara

Body Wash

Soap

Manicure Kit

Eyeglass Cleaner

Toilet Paper

Mouthwash

Shampoo

Conditioner

Hair Color

Tampons

Pads

Foot Spa

Insoles

Razors

Handwarmers

Eye Drops

Q-tips

Sunblock

Food

Salsa

Chips

Tuna

Slim Jims

Beef Jerky

Pretzels

Applesauce
Pudding
PopTarts
Dinty Moore Soups
Lunchables (non-refrigerated)
Jelly Beans
Altoids
Rice Krispie Treats
Snack Mixes
Sunflower Seeds
Chewing Gum
Nuts
Snack Cakes
Coffee
Gatorade
Kool-Aid
Crystal Light
Jaw Breakers
Cookies
Canned Foods
Peanut Butter
Spices, Salt, Pepper
Squeeze Butter
Pringles
Licorice
Popcorn
Ramen Noodles
Macaroni & Cheese
Cereal Bars
Granola Bars
Microwave Pasta
Hot Cocoa mix
Soup Mix
M&Ms

Entertainment

CDs
DVDs
Disposable Camera
Phone Card
Poker Game
Playing Cards
Dice
Newspapers
Magazines (esp. Gossip, Entertainment)
Handheld Electronic Games
Board Games
Books
Taped Television Shows
Game Cartridges
Books on Tape
Foam Footballs
Silly String
Frisbee
Hacky Sack
Dominoes

MP3 Player
Web Cam
Headphones
Silly Putty
Squirt Guns
Crossword Puzzles
Word Searches
Stationery (no stamps, soldiers' mail free)
Blank Cards
Journal

Miscellaneous

School Supplies
Stuffed Animals
Ink Pens
Vitamins
Inflatable Chairs or Pillows
Shoe Laces
Canned Air (for blowing dust out of electronics)
Cleaning Supplies (wipes are best)
Air Fresheners
Candles
Small Flashlight
Posters
Flag
Holiday Decorations
Stick-Ups
Febreze
Stress Ball
Sewing Kit
AA Batteries
D Batteries
Baby Food Jars With Dirt From Yard
Decorated Pillow Case
Balloons
Can Opener
Dryer Sheets
Dixie Cups
Fan
Koozies
Microwaveable Plates or Bowls
Paper Plates
Napkins

Linens & Things

Handmade or Small Blanket
Sheets
Fluffy Towel
Socks
Underwear
Tshirts

Disclaimer: This is not an all –inclusive list and some items may not be permitted by Command.
Please use common sense when packaging and mailing items