

Soldier Items 2022

- Letters
- Pictures drawn by kids; notes written by kids
- Snacks (chips, crackers, hard candy, beef jerky, canned fruit with pop top lids or dried fruit, nuts, microwave popcorn, protein bars, trail mix – anything we can buy readily that is not available overseas; small healthy snack items that can be carried into the field and drink mixes that can be added to water bottles has been requested a lot.)
- protein powder/mixes
- Gum, tic tacs (no wintergreen mints, please)
- Coffee (ground or pods), hot chocolate, sweetened drink mixes (Hawaiian Punch, Crystal Lite, Mio, Gatorade, etc. – packets to pour into a bottle of water)
- AA and AAA batteries
- **Current** magazines – no more than 3 months old (Newsweek, Time, People, Women's Health, Men's Health, car/motorcycle magazines, fishing/hunting, golf; female mags. should be geared more toward younger ladies)
- Puzzle books, comic books, adult coloring books
- Mouthwash (travel size), floss, nail clippers, tweezers, emery boards, manicure/pedicure items (**no** nail polish or perfumes), toothpaste, toothbrush
- Shampoo, body wash, lotion (either travel or full size)
- Bobby pins, black or brown ponytail bands
- **Tubes** of shaving gel (NO CANS), razors (5 blades), shower gel, deodorant, non-Tide detergent pods, fabric softener sheets
- Acne & regular face wash, female-oriented face wash & moisturizers
- Name brand feminine hygiene items, baby powder, foot fungal cream or powder, shower scrubbies/loofahs
- Baby wipes, hand sanitizer wipes, Lysol or Clorox cleaning wipes
- Toys: Nerf balls, yo-yo's, handheld games, dice, poker chips, Texas Holdem game (I have plenty of decks of cards), hacky sacks, origami kits/paper, juggling balls/books, stress balls (squishy balls like they used to give when donating blood)
- Non-glass coffee mugs (I send the insulated kind like ones companies give away)
- Men's & women's black socks (crew or boot length)
- Men's & women's white socks (crew or ankle length)
- Men's & women's tan socks (crew or boot length)
- Men's & women's underwear (new), all sizes (boxer briefs for men)
- Tan or olive green t-shirts, all sizes
- Holiday-related items would be good if you see anything you think they'd enjoy (has to fit in a 10"x10" box)
- Ziploc bags – all sizes
- Duct tape, envelopes, pens, colored pencils
- Greeting cards, especially thinking of you/love, Mother's/Father's Day
- 3M stick on hooks

No tobacco products, nail polish, perfume, hair spray (anything flammable).

PROTEIN BARS / SNACK BARS

Quest Bars

Nature Valley Granola Bars

Clif Body Builder bars

Lenny & Larry Protein Cookies

RX Bars

Kind bars

Granola bars, breakfast bars

WATER ENHANCER – Add to Water for hydration

MIO (or store brand of same)

Any kind of water flavoring packets for individual bottles

PROTEIN SOURCE – INDIVIDUAL PACKS

Meat Jerky Products (avoid pork products)

Tuna /Chicken Packs

Beanless Chile (pull top cans)

Beef Sticks, turkey sticks

Trail Mix

Nuts/Seeds - Individual packs

Peanuts, almonds, pistachios, cashews, walnuts, pumpkin, sunflower

Dried Fruit - Individual packs if available

Apples, pears, apricots, blueberries, cranberries, raisins

Personal sized containers of peanut butter

Restaurant condiments - NO ketchup, mustard, or mayo needed. Prefer dipping sauces from Chick Fil A, Horsey sauce, Arby's sauce, hot sauce, parmesan cheese or pepper packets from pizza places, barbeque sauces, etc. Anything that is not your normal ketchup, mustard or mayo.