Here is a list of suggested items, but not limited to:

CANDY

- Candy (heat resistant)
- Twizzlers

CORRESPONDENCE

- Writing Paper and Envelopes
- Pens/Pencils

DENTAL

- Toothbrushes
- Toothpaste
- Floss
- Mouthwash

DRINK

- Coffee (instant)
- Coffee Creamer
- Gatorade
- Powdered Drink Mixes
- Tea Mixes (sweet)
- Kool Aid Bursts- to freeze

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FOOD (including dry goods, snacks)

- Oatmeal (instant)
- Ramen Noodles-any flavor
- Bars (Clif or Balance)
- Beef Jerky
- Girl Scout Cookies
- Granola Bars
- Pop-Tarts
- Canned Fruit (pop top cans)
- Cereal (in small boxes)
- Gum
- Sugar packets
- Ravioli (pop top cans)
- Tuna Kits

GAMES

- Playing Cards
- Board Games
- Travel Size Games
- Crossword Puzzles
- Sudoku books

MUSIC

- CDs
- Tapes
- DVDs new and used
- Handheld electronic games

PRINTED MATERIALS

- Books (novels, short stories)
- Newspapers (local)
- Magazines

TOILETRIES/HYGIENE

- Baby Wipes
- Feminine Hygiene Products (for female soldiers)
- Travel size body wash
- Nose spray
- Eye Drops
- Throat or Vitamin Drops
- Deodorant
- Foot Powder
- Hairbrushes
- Hand Lotion
- Hand Sanitizers (waterless)
- Nail Clippers
- Q-Tips
- Razors (disposable)
- Shampoo
- Sunscreen
- Tissues (heavy duty i.e. Puffs)
- Tylenol (individual packets)

Other

- Plastic spoons
- American Flags (small)
- Baggies (with zip lock)
- Batteries (AA, D,)
- Duct Tape
- Disposable Cameras
- Flashlights (mini/mag lite, extra bulbs, lots of batteries)
- Fans (battery powered small with extra batteries)
- Flv Strips
- Fly Swatters
- Pre-Paid Phone Cards
- Shoe Insole Cushion
- Socks (cushioned white calf high)

Seasonal

- Canned turkey and Thanksgiving food items
- Small unbreakable holiday decorations
- Christmas stockings

^{**}Please do not send any aerosol, perishable, or breakable items.