

## SHOPPING TIPS

The two items most requested by soldiers are baby wipes and phone cards (international cards are the best value). Other items that are favorites of our troops are:

### FOOD/SNACKS

- ◆ **Beef jerky**, Slim Jims
- ◆ **Cereal, instant** oatmeal, Pop Tarts
- ◆ **Chewing gum**, hard candy, coffee, tea bags, hot cocoa packets, drink mixes
- ◆ **Cookies, crackers**, chips, microwave popcorn, pretzels, nuts (remove from can and seal in plastic bag to save space)
- ◆ **Dried fruits**, trail mixes
- ◆ **Granola, fruit** and cereal bars
- ◆ **Peanut butter**
- ◆ **Powdered creamer**, sugar, sweetener

### ◆ Soups (dried or canned)

#### PERSONAL

- ◆ **Aspirin and Tylenol** (sealed)
- ◆ **Baby powder**, foot powder,
- ◆ **Band-Aids, Neosporin**
- ◆ **Combs, brushes**
- ◆ **Deodorant**
- ◆ **Eye drops**, saline, nasal spray
- ◆ **Hand and body lotions**, face moisturizers
- ◆ **Shaving gel**, razors
- ◆ **Soap, hand** sanitizer, shampoo, conditioner
- ◆ **Sunscreen, lip** balm with sunscreen, bug repellent
- ◆ **Toothpaste, toothbrushes**, dental floss, mouthwash
- ◆ **Towels, washcloths**

#### MISCELLANEOUS

- ◆ **Batteries (mostly AA and**

AAA), rechargeable batteries with a charger

- ◆ **CDs, DVDs**
- ◆ **Clothesline, clothespins**
- ◆ **Flat twin** sheets
- ◆ **Flip flops**
- ◆ **Games, cards**, video games
- ◆ **Gym shorts**, cotton socks, underwear
- ◆ **Magazines, books**
- ◆ **Paper, pens**, stamps
- ◆ **Sunglasses**

#### DON'T SEND

- ◆ **Pork or pork** products
- ◆ **Anything that** can melt
- ◆ **Homemade baked** goods (military rule for soldiers' safety)
- ◆ **Aerosol cans** or glass containers