

## Care Package Ideas

Items in blue indicate most frequently requested items.

Food Items	Toilet Articles	Other Items
Beef Jerky	Sunscreen	Antibacterial wipes
Individually wrapped drink mixes	Chapstick	Cooling bandanas
Hard candy	Insect repellent	Plain black sunglasses
Slim Jims	Eye drops	Sand scarf
Cookies	Cough/cold medicines	Frisbee
Crackers	Advil/Tylenol	Nerf balls, etc
Chex Mix - snack size	Foot powder	Beach toys
Nuts	Deodorant	Electronic games
Trail Mix	Toothbrush & paste	Playing cards
Chips - snack size	Body Wash	Books
Doritos - snack size	Shampoo & conditioner	Magazines
Salsa	Dental floss	Water pistols
Gum	Bar soap	Envelopes & paper
Cracker & cheese packs (no refrigeration needed)	Shave gel/foam	Plastic silverware
Breath Mints	Cotton balls & Q-tips	Sewing kits
Dried Fruit	Contact lens cleaner	Small mirror
Canned Fruit (pop top cans)	Hand Sanitizer	Wash cloth
Granola/Cereal bars	After shave & cologne	Towel
Tuna/Chicken packs	Lotion	Small flashlight
Spices, condiments	Brush/comb	Disposable camera
Snack cakes	Hair gel/spray	Batteries
Pudding cups	Nail clippers/files	Zip lock bags
Sunflower seeds	Foot powder	Cigarettes
Instant coffee	Body Powder	Copenhagen
Hot chocolate mix	Kleenex	Word puzzles
Tea bags	Hand wipes	Board games
Gatorade powder	Antacids	CD's
Kool aid w/ sugar		DVD's

**Please note: No pork or pork products, alcohol, pornography or glass containers.**

**Please note: Postage for one care package or box of cards is now \$11.95!  
Donations to defray postage costs are welcome!**

This list prepared by SoldiersAngels.org and edited to meet the needs of Soldiers currently on our Scrapping For Soldiers mailing list