

Care Package Ideas

The Family Readiness Group would like to start collecting items for the future deployment of our soldiers.

Food:

beef jerky
peanut butter
nuts
protein bars
pudding cups
salsa
gum
instant coffee

slim jims
jelly
sunflower seeds
microwave popcorn
snack cups
cheese spread
crystal light mixes
hot chocolate

ramen noodles
trail mixes
dried fruit
canned fruit
fiddle fiddle
candy bars
Gatorade powder

instant oatmeal
chex mix
cereal bars
chips in containers like Pringles
crackers
hard candy
kool aid mix

Toiletries:

sunscreen
hand sanitizer
conditioner
disposable razors
toothpaste
dental floss
cold meds
Qtips
nail clippers

chapstick
anti-bacterial wipes
body wash
shave gel or cream
mouthwash
advil or tylenol
cough drops
cotton balls
foot soaks

lotion
baby wipes
facial soap
after shave
body powder
antacids
sinus meds
Kleenex
facial masks

insect repellent (no aerosol)
shampoo
deodorant
toothbrush
foot powder
nasal spray
eye drops
nail file
feminine hygiene products

Other:

hand-held electronic games
CD's
magazines
dart boards
word puzzle books
frisbee
soccer ball
bath towels
blankets
cooling bandanas

batteries all sizes
DVD's
books
nerf balls
phone cards
silly string
volleyball set
twin size sheets
mattress toppers
hand and foot warmers