

# Ideas for Items To Include In Military Care Packages

Deodorant  
Shower to Shower body powder  
Jelly beans  
Disposable camera  
Rice Krispie treats  
Altoids/mints  
Beef jerky  
Snack mixes  
Sunflower seeds  
Chewing gum  
Nuts

## ***Long-distance phone cards***

Little Debbie's snacks  
Ziploc bags  
Coffee  
Gatorade  
Jaw breakers  
Poker game  
Playing cards  
Dice  
Music CD's  
Footbag/hacky-sack  
Toothbrushes & toothpaste  
Inflatable pillow  
Cookies in individual packages  
Dominoes  
Pasta and sauce  
Canned food items  
Spices, salt, pepper  
Smoked oysters and sardines  
Pringles chips  
Individually-wrapped licorice  
Ramen noodles  
Macaroni & cheese  
Disposable shower towels  
Cereal bars/granola bars  
Microwave pasta that doesn't need refrigeration  
Hot cocoa mix  
Soup mix  
M&M's (plain or peanut)

DVD's  
Newspapers  
Magazines  
AA batteries  
D batteries  
Air fresheners  
(...like stick-ups, F'breeze.)  
Canned air to blow dust  
out of electronics  
Stress relief squeeze balls  
Sewing kit  
Lysol wipes/hand & face wipes  
Poker chips  
Board games  
Shoe laces  
for gym shoes and boots  
Brown t-shirts  
Boot socks  
Underwear  
Hand warmers  
Inflatable seat cushions  
Razors  
Ink pens  
Word Puzzle books  
Icy/hot patches  
Air activated heat wraps  
for sore muscles  
Foot massager  
paper plates  
Foot powder  
Vitamins  
Paperback books