



TRUCKIN' FOR THE TROOPS

Care Package Items

Hygiene

- ∴ Foot Powder
- ∴ Toenail Clippers
- ∴ Ibuprofen
- ∴ Non-Drowsy Cold/Flu Medication
- ∴ Chap Stick w/ Sunscreen
- ∴ Hand Sanitizer
- ∴ Vitamins
- ∴ Toothbrushes
- ∴ Mouthwash
- ∴ Toothpaste
- ∴ Body Spray
- ∴ Sunscreen
- ∴ Bug Repellent
- ∴ Deodorant (not antiperspirant)
- ∴ Flip Flops (shower use)
- ∴ Bar Soap
- ∴ Tampons
- ∴ Eye Drops
- ∴ Biodegradable Baby Wipes

Food

- ∴ Powder Drink Mixes (can be added directly to water)
- ∴ Instant/Regular Coffee
- ∴ Non-Dairy Coffee Creamer
- ∴ Power, Granola, or Breakfast Bars
- ∴ Beef Jerky
- ∴ Pop-Top Non-Perishable Cans (Chef Boyardee, Soup, etc.)
- ∴ Crackers, Chips, Cookies
- ∴ Candy
- ∴ Gum
- ∴ Little Debbie Snacks
- ∴ Common Spices (salt, pepper, red pepper, etc.)
- ∴ Microwavable Pastas
- ∴ Peanut Butter

Entertainment

- ∴ Travel Size Games (playing cards, chess, checkers, crosswords,
- word searches, Sudoku)
- ∴ Magazines, Books, Comic Books
- ∴ CDs/DVDs
- ∴ Handheld Electronic Games

Miscellaneous

- ∴ Koozies
- ∴ USB Drives
- ∴ Card Sets (Blank, Thinking of You, Thank You, etc.)
- ∴ Hand/Foot Warmers
- ∴ Box of Pens
- ∴ Shoe Laces

