

# The Woodlands Township

## Recommended Items for Care Packages

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### **FOOD, SNACKS AND DRINKS:** (Please - no expired or canned food)

- PROTEIN POWDER & PROTEIN BARS (Top request!)
- K-CUPS for KEURIG MACHINES (coffee, tea, hot cocoa)
- POWDER DRINK MIX (Gatorade, Kool-Aid, Crystal Light)
- TUNA & CHICKEN SALAD (in foil pouches, or ready-to-eat kits (no cans))
- BEEF JERKY / SLIM JIMS
- SUNFLOWER SEEDS & PUMPKIN SEEDS
- **CHOCOLATE PRODUCTS - Accepted only OCT. through FEB**  
(it will melt in high temperatures!)
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz Crackers
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers - Small Packs
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies
- NUTS: Peanuts, Mixed Nuts (salted preferred)
- MICROWAVE FOOD (Chef-Boy-R-Dee, stews, Hamburger Helper, etc.)
- COOKIES / Girl Scout Cookies (with chocolate: Oct. - February only!)
- Rice Krispie Treats (Store-bought only)
- Little Debbie's & Hostess cake products
- Cereal (Small, individual boxes)
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Caffeinated energy gum or candy (to stay alert)

### **TOILETRIES: NO HOTEL SAMPLES!**

(Note: Some troops have allergies & need Brand Name toiletries which list all ingredients. The military issues and/or sells toiletries to our troops, however troops often miss their favorite brand of shampoo or soap. Our goal is to send troops reminders of home & items they miss ... not free samples.)

- Lip Balm / Chap Stick / Carmex / Blistex
- Body Wash, Liquid Soap, Facial Cleanser
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins (in original packaging, please)
- Deodorant (travel size)
- Shaving Cream in Tubes / Shaving Soap (**No CANS of Shaving Cream!**)
- Hand & Body Lotion / Moisturizer (travel size)
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Bug Spray / DEET / Skin-So-Soft
- Mouthwash (travel size)
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Loufa Sponges / Buff Puffs
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Moleskin & Shoe Insole Cushions (gel kind is best)
- Tylenol, Motrin, Advil or Aspirin Packets (Please check expiration dates)

- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins (These are always needed. Please check expiration dates)

#### ENTERTAINMENT AND SPORTS:

- iTunes® Gift Cards (Top request!)
- **DVD Movies (new or used - recent releases only, please!)**
- **Xbox Games, PSP, PS2 & PS3 Games** (new or used)
- Board Games (Top request!)
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones
- Electronic handheld games
- **Small homemade gifts - reminders & comforts of "home"**
- Small photographs or posters of scenery for their tents & walls
- Double-sided tape, small crafts kits, scrap-booking items
- Day planners / Small, Pocket Calendars sent in Dec. & Jan.
- Game Books: (Crossword Puzzles / Word Search Books / Math Puzzle books / MAD LIBS / Logic Problems / Sudoku)
- Yo-Yo's, Dominoes, Poker Chips & Mats, Dice
- Board games (UNO, Othello, Checkers - travel size is great, too!)
- Dart Boards (regular or magnetic - any size)
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks

#### OTHER:

- Keurig Coffee Makers & "K-Cups" (to be shared)
- **LINENS:** Pillow cases, twin sheets, towels & washcloths (green & tan)
- LAUNDRY DETERGENT/ FABRIC SOFTENER SHEETS
- FLASHLIGHTS - SMALL (battery operated. Surefire Brand preferred)
- AIR FRESHENERS (standalone-not plug-in. Car types are also good)
- Holiday and Seasonal Decorations
- **Fleece Blankets** (*Yes, it gets very cold in the winter over there!!*)
- Disposable Hand warmers and Foot warmers (in the wintertime)
- Winter Hats (*Yes, it snows in the winter over there! Hand knitted hats in black, tan or green are always welcome!*)
- PHONE CARDS - Pre-Paid
- **Small toys** (Beanie babies) & **school supplies** for foreign children
- Patriotic knick-knacks, USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners to tack on their walls or tents.
- **TOOLS** (including staple guns), paint brushes, adhesive wall hooks, wall screws, small tool kits, rubber gloves, sponges, unused rags, etc
- Dust masks, carpentry tools, Fly swatters, fly paper, mosquito netting, bug repellent in plastic pump bottles only - **NO AEROSOL or PRESSURIZED CANS.**
- **Gun cleaning supplies** (lube) such as *Militec-1* & *CLP*
- **Alarm Clocks** (Small in size; wind-up or battery-operated)
- Small, portable **heaters & fans** (110 voltage okay)
- Water Bottles, Travel Mugs & Thermoses with Lids (for Coffee, Soup, etc)

- Coffee Makers & Filters (110 voltage okay)
- Coffee Bean Grinders - small (electric or battery-operated)
- Microwave Ovens (55 pounds max; 110 voltage okay)
- Hot Pots - Small
- Elixir & Water Purification Tablets for Camelbaks
- Combat Application Tourniquets (black only)
- Religious booklets, small bibles, inspirational readings(recent, please)
- Musical Instruments requested (please contact us before sending)
- **T-SHIRTS:** Cotton green & tan under shirts - new (**Sizes: M, L & XL**)  
[Note: The DOD banned "Under-Armor" shirts due to its material being potentially flammable & bad reactions to open wounds.]
- **SOCKS:** Black, Olive Green & White (cotton or wool)

#### K-9 ITEMS:

- Dog chew sticks
- Toys
- Shampoo
- Flea collars
- Harnesses, etc.

**Cards & Letters:** The troops love to hear from all of us and mail brightens their days! These are the **MOST IMPORTANT** items we can send the troops & we can never have too many, so please keep writing! Consider making a patriotic banner or poster to send inside one of our care packages!