

# Troop Care Package Recommended Items

## Personal Hygiene Items

(small or travel sizes) – please place inside smaller Ziploc bags before placing in large bag

- Shaving cream
- Double edge disposable razors
- Shampoo
- Conditioner
- Body Wash
- Chap Stick/lip balm w/ sunscreen
- Toothbrush
- Toothpaste
- Mouthwash
- Foot Powder
- Baby Powder
- Nasal Spray
- Eye Drops
- Hand Sanitizer
- Sunscreen – SPF 45 or higher
- Hand/Body Lotion
- Wet Ones
- Baby Wipes
- Deoderant
- Q-tips
- Insect Repellant
- Hair Bands for Ponytails
- Hair Gel
- Bobby Pins
- Women's Personal Hygiene Products
- Ziploc Bags – assorted sizes

## Keeping in Touch Items

- Phone calling cards
- Writing Paper
- Envelopes
- Black Ink Pens
- Blank Note Cards
- All Occasion Cards

## Entertainment

- DVDs
- CDs
- Playing Cards
- Puzzle Books
- Magazines
- Paperback Books
- iTunes Gift Cards
- Handheld Electronic Games

## Bedding

- Twin Size Sheet Sets

## Snacks

(individual serving packages)

- Beef Jerky
- Slim Jims
- Cookies
- Crackers
- Granola Bars/Cereal Bars
- LifeSavers
- Chewing Gum
- Licorice
- Protein Bars
- Small Cans of Fruit
- Individual Powdered Drink Mixes
- Pretzels
- Candy (no chocolate, it melts)
- Dried Fruit
- Nuts
- Canned Tuna or Chicken

Feel free to include a personal note of “thanks”.