

ITEMS REQUESTED BY THE TROOPS (NOTHING IN AEROSOL CANS OR BOTTLES)

FOOD & SNACKS

Beef Jerky / Slim Jims
Coffee (ground or whole, instant or drip)
Hot chocolate packets
Herbal teas
Instant drink mixes (e.g. Gatorade)
Sunflower Seeds
Tuna in foil pouches
Hard pretzels / Cheetos / Fritos / Chex Mix
Wheat Thins – Small packets
Gum & Candy – Snickers Baby Ruth,
Butterfinger, Milky Way, Three Musketeers
Breath mints
Granola Bars, Power Bars, Cereal Bars, Protein
Bars
Trail Mix, Dried fruit, granola, fruit roll-ups /
fruit by the foot / fruit gummies
Dry Soup: Ramen Noodles / Cup-O-Soup
Nuts: Peanuts, almonds, cashews, pistachios,
mixed nuts (salted)
Microwave food: (Popcorn, Chef Boy-R-Dee,
Mac and Cheese)
Cookies – Individual packs
Cheese & Cracker packs
Oatmeal packs (instant; just add water)
Cereal (small, individual boxes)
Rice Krispie Treats (Store bought only)

TOILETRIES

Baby wipes (travel size)
Bar soap
Shampoo / Conditioner (travel size)
Deodorant (travel size)
Combs / Brushes / Bobby Pins
Razors – disposable
Shaving Cream in tubes – **NO AEROSOL CANS**
Cotton Swabs (i.e. Q-tips)
Band-aids, Gauze Pads, First Aid Kits
Chapstick / Lip balm
Foot powder / baby powder
Loofah Sponges / Buff Puffs / Washcloths
Sun block SPF 45, Zinc, Vitamin E, Aloe Vera
gel – **NO AEROSOL CANS OR BOTTLES**
Kleenex - travel size
Hand and Body Lotion – travel size
Toothpaste, Toothbrushes & Dental Floss
Vitamins (small bottles or boxes)
Lozenges (cough drops)
Tylenol, Motrin, Advil or Aspirin packets
Nasal Spray
Eye Drops (i.e. Visine)
Nail files / Emery boards / Nail clippers
Feminine hygiene products
Cotton balls
Shoe insole cushions (gel kind is good)

ENTERTAINMENT

DVD movies – recent releases
Crossword Puzzles / Word Search
Board games – UNO, Othello, checkers,
dominoes, LRC (left, right, center) (travel size)
Nerf footballs, whiffle balls, frisbees, hackey
sacs, decks of cards, yo-yo's, & dice
Jigsaw puzzles
Books (novels and inspirational) – We include
bibles

MISCELLANEOUS

Batteries – AA, AAA, & C - **NO LITHIUM
BATTERIES** - Individual packages
Stationery & Envelopes
Pens and mechanical pencils
Calendars
Small flashlights (battery operated)
Socks, black, olive green and white (cotton
and/or wool)
Small roll-up blankets
Sunglasses
Bug repellent in plastic pump bottles only – **NO
AEROSOL BOTTLES OR CANS**

CARDS & LETTERS

The troops love to hear from all of us and mail
brightens their days! If you are a teacher or
belong to any organizations that would like to
write cards and letters to go in our care packages,
please, let us know and we will include them.
You can notify us that you plan to participate by
emailing us at militarycare@ccvsocal.com

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