

Food

Coffee (Starbucks instant)
Coffee (1-pound bags)
Crackers
Rice crispy treats
Instant oatmeal
Nuts (Pistachio or pecans)
Gum
Energy bars
Granola bars
Individual brownie mixes
Popcorn
Sunflower seeds
Trail mix
Anything small that can fit into a pocket!!

Toiletries

(MUST BE TRAVEL SIZE)

Sun block
Baby wipes
Anti-bacterial wipes
Toothpaste
Hand sanitizer
Shaving cream
Chapstick
Baby wipes
Q-tips
Body wash
Shampoo
Conditioner
Cotton Balls
Dental Floss
Deodorant
Foot powder
Mouthwash
Fingernail clippers
Toothpaste
Toothbrush
Shaving cream

Razors

Hair gel (for women)

Hair bands (for women)

"Fun items"

Playing cards
Greeting cards (so they can send them
back home to their families)
Mailing envelopes (no stamps)
Pens
Stationary
Poker sets

Miscellaneous

Ear buds for music!!! (cheap ones)
Batteries (AA, AAA, C)
Ziploc bags (Quart)
Travel mugs with lid
Black or dark green duct tape

DO NOT SEND:

- Pork products
- Anything that will not last for up to 2 weeks.
- Anything that has been OPENED!
- No magazines or books (too heavy)