**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)**