

Ideas for Care Packages for Deployed Soldiers

PERSONAL HYGIENE IDEAS

Anti-bacterial wipes (non-scented)	Eye drops
Medicated lip balm (w/SPF)	Nail clippers
Hand/foot warmers	Tweezers
Foot powder	First aid kit items
Deodorant	Razors
Sunscreen	Shaving gel (non-aerosol)
Hand Sanitizer (smaller sizes)	Shampoo (smaller sizes)
Comb	Toilet paper & Facial tissues
Toothbrush	Cotton swabs
Toothpaste	Assorted chewing gum
Bug repellent	Feminine hygiene items

NUTRITIONAL ITEMS

Granola bars	Fruit snacks
Protein bars	Yogurt raisins
Energy bars	Canned tuna
Vitamin enhanced power packets	Multi-vitamins

TREATS

Gift cards for food when they come back	Delmonte fruit to go
Instant soup	Dried fruit
Kraft Easy Mac	Granola Bars
Mini ravioli	Fruit and Oatmeal Muffin Bars
Tuna lunch kit	Rice Krispie treats
Chicken salad and crackers	Cookies
Cheese / peanut butter crackers	Hard candies
Sunflower seeds	Smarties (don't melt)
Chunky soup, Campbell's Select Soup	Powdered Gatorade or drink mix single servings
Beef / Salmon Jerky	Lemonade mix
Triscuits, Ritz Crackers, etc.	Coffee (instant or regular ground)
Honey roasted peanuts / mixed nuts	Tea bags
Chex mix	Sugar packets
Pringles (or other well-packages chips)	Powdered hot chocolate
Pop tarts	Microwave popcorn

ENTERTAINMENT IDEAS

Foam footballs & basketballs	Disposable cameras
Basketball hoop to affix to door or wall	Dartboard with Velcro affixed to darts
Board games (mini size)	Squirt guns
Electronic games	Birthday decorations
Slinky	Playing cards
Sidewalk chalk	Jokes and comics
Hackie Sacks	Journals
Frisbees	Mini fans
Yo Yos	Jump ropes
current music CD	Pens
current DVD's	Notebooks (pocketsize)
Pencils (to hand out to kids)	Short Story Books/Jokes, etc
Balloons (to hand out to kids)	Magazines
Beanie babies (to hand out to kids)	Flag Pins