

# What Troops Ask For

## General

- \$25 VISA and M/C gift cards (gives them maximum flexibility, for WIFI, etc.)
- Personal hygiene items (unscented whenever possible)
  - Wet wipes, individually wrapped
  - Disposable razors (men's and women's)
  - Chap sticks
  - Body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner
  - Foot powder and the like
- Feminine products (unscented whenever possible)
  - Small packs of napkins and tampons
  - Female version of body wash, lotion, razors, face wash, mouth wash, deodorant, Q-tips, hair de-tangler, face moisturizer, shampoo, conditioner
  - Small grooming kits
- Laundry PODS packed in a sturdy plastic or metal container.
- Sunscreen
- Magazines (clean content)
- Fun posters and calendars for dressing the place up
- AA batteries
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- Movies and music on thumb drives only ("USB devices are cool to send movies and current shows on in digital form! Just please keep them virus free.") (CDs, DVDs, and tapes are useless)
- 2 GB + USB memory sticks (thumb drives) (blank)
- Cards, letters, group photos (we want the troops to know real people did this for them)

## Food

- Beef jerky/Slim Jims
- Candy (nothing that will melt)
- Gum – all flavors
- Protein Bars (Quest/Mission 1/Combat Crunch; cookies and cream/chocolate)
- Protein Mixer Bottles/Shakers
- Cross Training Shoes - men's sizes 11, 12
- Cordless/Electric Hair Clipper
- Cordless/Electric Nose/Ear Hair Trimmer
- 3M Sticky Wall Hooks
- Hand Sanitizer
- Cookies, crackers
- Corn nuts
- Candy Bars
- Granola and other snack bars
- Nuts other than peanuts in re-sealable containers
- Dried fruits in re-sealable containers
- Tins and packets of flavored coffee and cappuccino
- Breath mints

## Please no...

- No pressurized product (aerosol shave cream etc.)
- No cocoa
- No carbonated drinks