

SPRING WISH LIST 3/17/04

PERSONAL CARE ITEMS:

- * Lip balm, chap-stick, blistex, etc.
- * Non-medicated eye drops
- * Sun block SPF 30+
- * Hand & foot cream & body lotion
- * Foot and body powder and sprays - Gold Bond Powder and Aloe Vera Gels and Creams are favorites
- * Liquid hand soap, preferably sanitizing
- * Emery boards, nail files, nail clippers, tweezers
- * Facial cleansing pads
- * Large Baby wipes (soft packs are best)
- * Kleenex packets
- * Q-tips
- * Headache cooling pads
- * Athlete's foot medicine, such as Lotrimin
- * Tinactin
- * BLACK and white tube athletic socks
- * Mole skin & blister packs
- * Gel Insoles for their boots
- * Toilet Paper
- * Dental Floss
- * Multi-vitamins
- * Soap dish
- * Toothpaste
- * Tooth brushes
- * Disposable razors, especially Mach III
- * Shaving cream
- * Panty-liners (see notes below)
- * Underarmour heat gear t-shirts
- * Underarmour bras
- * Non-cotton (underarmour or cool max) socks
- * Shower shoes (flip flops)
- * Cleaning supplies

FOOD/SNACK ITEMS MOST REQUESTED:

- * Cold drink mixes - powdered pre-sweetened drink mixes, such as Kool-aid, Crystal lite, Gatorade (don't bother with the Lemon-Lime, if possible, as the Army has TONS of that, and variety is nice)
- * Sugar substitutes & sweeteners if unsweetened drink mixes are purchased
- * Flavored instant coffee & herbal teas
- * Spiced apple cider mix
- * Real coffee (to perk)
- * Fruits and puddings - the type that needs no refrigeration, with poptops (consider baby food junior fruits and deserts, as well ~ packed with nutrients)
- * Dried Fruits, such as apples, banana chips, cheerries, peaches, strawberries, apricots
- * Fruit roll-ups
- * Cereal - individual or big boxes - for snacks
- * Trail mix

- * Granola bars
- * Pop-Tarts - all flavors
- * Power bars (all types)
- * Tuna or chicken in easy open pop top cans or foil packs
- * Beef and/or Turkey Jerky
- * Slim Jim's (Check ingredients for pork. NO Pork allowed)
- * Beef or Turkey Vienna sausages
- * Cup o' soup, cup of noodles, top ramen, any type that is instant & can be mixed with hot water
- * Snack & prepackaged foods of any kind, individually wrapped, such as cookies, snack cakes, Twinkies, Rice Krispy treats, oatmeal cookies, nutter butter cookies
- * Graham crackers
- * Flavored crackers, Chex mix & cheese nips
- * Chip type snacks in tubes and cans, such as Doritos, Pringles, Tostitos, Chips, Potato Sticks, Pretzels
- * SPICY snack foods
- * Flavored popped corn, fiddle faddle, cracker jacks,
- * Salsa & canned dips (not refrigerated)
- * Peanut butter in small plastic jars
- * Crackers & cheese spread in bottles & cans
- * Cheese & crackers and peanut butter & crackers in individual plastic cups
- * Nuts, all types such as pistachios, sunflower seeds in the shell, peanuts and/or cashews
- * Marshmallows
- * Gum, both regular and sugar-free
- * Candy, such as red licorice, sweet-tarts, mints, jolly ranchers, star-bursts, life savers, and of course, hard candies, all individually wrapped

OTHER REQUESTED ITEMS AND NEAT THINGS TO INCLUDE:

- * Disposable cameras
- * Batteries, particularly AA, AAA and 9 Volt
- * International Phone cards - AT&T
- * Panty Liners (for helmet sweat bands)
- * Air fresheners (stick-ups or car type)
- * Washing Detergent in individual packets
- * Febreeze to freshen up their uniforms
- * Clothes pins and clothesline
- * Sachets
- * Fly swatters
- * Mouse and rat traps
- * Fly paper
- * Photo holders with magnets
- * Letters of support from students, scouts or church groups small photo albums
- * Pens, stationary, postcards & greeting cards, to send to their families - self adhesive envelopes work best, as the sand sets in the other type and they lose their sticking power
- * Journals, book of Limericks, crossword puzzles, word game books & hobby items, like a drawing tablet with colored pencils or chalk
- * Nerf footballs, volley ball & net, soccer balls, basketballs, whiffle ball & bat
- * Hand pumps and patch kits for all balls

- * Travel size games and dominoes, cribbage boards, Trivial Pursuit Yahtzee, Uno & other board games
- * Velcro dart game for their tents & other indoor type games
- * DVDs (can get used ones at your video rental stores), movie videos get destroyed by the sand
- * Music CD's, computer games, electronic games, game boy, etc.
- * Tapes of sporting events
- * Sunday comics
- * Sports section from the newspaper
- * Mini Remote control cars
- * ½ gallon size plastic containers to mix the drink mix in with water
- * Freezer weight Ziploc bags, all sizes, but especially gallon size
- * Funnels to get the drink mix into their canteens
- * Bounce Dryer sheets...the soldiers tie a dryer sheet in a belt loop and it helps keep the bugs away
- * Insect repellent, that repel sand flies as well as other insects
- * Flat sheets, small pillows and pillow cases
- * Cigars (keep the insects away)
- * "Shop Towels and paint brushes to help clean weapons
- * Small "clip-on" fan - verify that they have electricity first
- * Battery operated fan or fan-mister
- * Silly stuff, such as balloons, Play Doh, Jacks, Bubbles, Pick-up Sticks and Small kites - they are fun, and give the troops a laugh
- * Brita sports bottles with filters - the filters last about three months, so send some extra filters as well
- * Little picture frames
- * Maps of the United States
- * Flash lights

And ... don't forget holiday decorations and small, folding camp or beach chairs

AND... Consider packing some items in small plastic containers to avoid crushing. They don't add much weight to your package, and are invaluable for storing opened foods - and keep the sand out of treasured possessions.

NOTE: If possible, pack personal care items and anything that may have a smell (air fresheners) in a separate box from the food items. As it gets warmer, the smell of the personal care items will permeate the food items (even if double bagged). Do NOT send soap in the same box as food.