

**Apparel**

T-shirt (*L or XL beige*)  
Pair of socks (*9-11*)  
Flip Flops

**Personal Hygiene**

Washcloth  
Hand Towel  
Soap  
    *Male (unscented)*  
    *Female (unscented)*  
Shampoo & Conditioner  
Anti-Perspirant  
    *Male*  
    *Female*  
Toothbrush  
Toothpaste  
Floss  
Lip Balm  
Comb/Hair Brush  
Tissues (*travel size*)  
Nasal Spray (*Ocean*)  
Eye Drops (*Visine*)  
Foot powder (*Gold Bond*)  
Q-Tips (*individual / 30 count*)  
Small Pedicure Kits  
Disposable Razors  
Wet wipes (*individually wrapped*)  
Sanitizer (*individual*)  
Bug Spray  
Sunblock

**Entertainment**

DVD's (*Bargain Bin*)  
Music CD's  
Nerf Footballs  
Hackey Sacks  
Frisbees (*folded Nylon*)  
Disposable Cameras

Books  
Magazines  
Puzzle books  
Deck of playing cards  
Pen/Pencils  
Writing tables  
Small envelopes  
Stamps

**Snacks**

Individually wrapped crackers  
Individual fruit cups  
Individually wrapped cookies  
Breakfast bars  
Snack size Pringles  
Rice Krispie treats  
Pop-tarts  
Slim Jims  
Beef jerky  
Cracker jacks  
Snack pack pudding cups  
Gum  
Fruit snacks  
Candy (*hard candy, breath mints*)  
Individual Drink Mix (*bottled water*)

**Energizer "AA" Batteries**

**Female Need(s)**

Tampons  
Facial Wipes  
Shower Cap  
Bath Sponge

**For Soldiers Recovering Stateside**

Gas Cards  
Phone Cards  
Gift Cards to Grocery Stores