

# Ideas for Soldier Care Boxes

## Personal Items

Wet wipes, baby wipes  
Chapstick and lip screen  
Eye drops – Visine, artificial tears  
Saline nasal spray  
Contact lens cleaner  
Cottonballs, q-tips  
Hand sanitizers, waterless soap  
Sunburn relief/aloe vera gel  
Sunscreen-not suntan lotion  
Moisturizer/hand lotions  
Toothpaste, toothbrushes, mouthwash  
Soap, shampoo, conditioner, wash rags  
Deodorant (non aerosol)  
Feminine hygiene products  
Shaving cream (Non-aerosol)  
Foot powder, moleskin for footpads, shoe Insole cushions  
Flea collars – they put these on their ankles to keep the sand fleas off  
Insect repellent, fly swatters  
Kleenex, toilet paper  
Sunglasses (goggle type- black)  
Nail files, nail clippers  
Hair brushes, combs  
Throat lozenges, pain relievers (aspirin, tylenol, etc)  
Small flashlights, AA and AAA batteries  
Tactical duct tape (green, black, tan, gray-as a last resort), electrical tape  
1 or 2 gallon ziplock bags, sewing kits  
Envelopes, writing paper, pens, notes of encouragement and appreciation  
Paperback books, magazines, local newspapers and pictures  
Crossword puzzles, puzzles, travel games, pocket-size notebooks  
Socks: Boot high, black, all cotton, light weight, underwear, T-shirts  
Thick scarf to keep from breathing in all the dust, bandanas  
Neck coolers (have been made with the water ret. Beads that cool for hours)

## Food Items

Cookies in tins or shirt boxes packed 6-8 in sandwich bag  
Single serve cans of ravioli, stew, pop-top cans of fruit  
Instant oatmeal, pop tarts, cereal bars, granola bars, power or protein bars, etc  
Dried fruit, trail mix, sunflower seeds, nuts, peanut butter  
Beer Jerky – no pork products  
Microwave popcorn, candy and candy bars that doesn't melt  
Packaged cheese and crackers  
Powdered drink mixes

**Please remember – no aerosols or pork products**

November 16, 2009