

THINGS THE TROOPS NEED:

- Black or white heavy socks (not dress socks - Sam's has a great deal on them)
- Gold Bond Medicated Foot Powder
- Shaving Cream
- Razors
- Toothpaste
- Toothbrushes
- Deodorant
- Shampoo
- Bar Soap
- Q-Tips
- Lotion
- Sunscreen
- Lip Balm
- Baby Wipes
- Band-Aids
- World-wide phone cards
- AA Batteries
- Toilet Tissue
- *Hard Candy
- Bubble Gum
- Writing Tablets
- Envelopes
- Pens
- Playing Cards
- Beef Jerky
- Pringles in cans
- Greeting Cards/Letters of Encouragement to support our troops - unsealed
- **Zip Lock Bags
- Magazines that bring memories of home back to them (for women and men - not of a negative nature please!)
- ***Tampons & Maxi-Pads
- Assorted music CD's
- Dry soup mix
- Gatorade powder (Sam's - we separate into serving bags)
- Pre-sugared Kool-Aid
- Crossword puzzle books

* **HARD CANDY** - The conditions are so hot and dry over there in the desert that the men and women are wanting hard candy. Their bodies are not able to produce saliva very good, and their mouths are dry. The hard candy helps to relieve this problem. When there is no hard candy, the troops resort to sucking on pebbles.

****ZIP LOCK BAGS** are used to hold bar soap in their Alice Packs and Ruk Sacks. They are also used to hold baby wipes, toothbrushes, gallon servings of Gatorade, beef jerky, and razors.

*****TAMPONS & MAXI-PADS** are used not only as feminine hygiene products, but the guys carry around tampons to temporarily plug bullet holes until they can get men evacuated for medical treatment. Maxi pads are good for the temporary application of pressure/absorbency to wounds.

ALSO - FOOD FOR TROOPS IN AFGHANISTAN

(We have first hand reports of inadequate food supplies and spoiled or molded food provided by private contractors - help us send over some of the following items to provide some relief. Some troops have access to microwaves.)

- Small cans of fruits and vegetables
- Canned chicken and tuna
- Foil packages of tuna, chicken, turkey, ham
- "On The Go" single serve pastas (one minute microwave)
- Dinty Moore Microwave Bowls: Roast Beef & Gravy, or Turkey & Dressing
- Campbell's Select soups (in plastic bowls)
- V8 Juice 5.5oz cans
- Hormel pasta cups
- Instant Oatmeal (10 pouches per box)
- Instant Grits (12 pouches per box)
- Beane Weenee cans
- Tortillas
- Any vacuum-packed meats

And Phone Cards - the cards can be for US calls. They are patched to Jacksonville and then the call becomes long distance.