

everyday items	foods	toiletries
address books with names/addresses	beef jerky (no pork)	no scented items where possible
air activated wraps for sore muscles	beef sausage	antacids
air freshener, Febreze, stick-ups	candy	anti-bacterial wipes
balls - all kinds	canned chicken	antibiotic cream
bath mat	canned salsa	athlete's foot cream/powder
batteries	Chex mix	Band-aids
Beanie Babies or stuffed animals (new)	chips	body soap (triple bag) not near food
best sellers	coffee	bug spray/bite creams
blankets	cookies (small packs)	clippers
board games	crackers	combs/brushes
can opener	dried fruit	cotton balls
	fruit cups	cotton swabs
CD player	fruit pies	cough drops
clothes lines/pins	granola, cereal, &energy bars	dental floss
comic books	gum	dental travel kit
dart board and darts	hot chocolate mix	deoderant
disposable cameras	individually wrapped licorice	eye drops (artificial tears)
dusting clothes	instant oatmeal	eye glass kit
electronic/hand held games	koozies for cans/bottles	finger/toe nail clippers
foot spa	nuts - all kinds	first aid
Frisbees	Olives, pickles, peppers in plastic jars	foot powder
gift cards for itunes, amazon, etc.		
gloves	packaged dinners - that don't need refrigeration	hand sanitizer
greeting cards to send home	peanut butter & jelly	Imodium
hats, caps, bandanas	popcorn, microwave	kleenex
	powdered drink mix (Gatorade, Propel, tea etc.)	lotions
holiday decos	Pringles	Medicated Blistex
Icy Hot patches	pudding cups	mouthwash
inflatable seat cushions	raisins	nail files
ink pens	Ramen noodles	nasal spray/drops
journals	smoked oysters/sardines	pain medications
laundry soap	snack cakes	panty liners
Mag flashlight bulbs		

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magazines	soup mix	Pepto Bismol
mailing envelopes (no postage needed)	spices	personal cleanse cloths
mattress toppers	squeeze butter	pocket size first aid kit
microwaveable plates/bowls/cups	tea	pony tail holders
mini hand held fan	trail mix	powder
mirror	tuna packs	pumis stone/stick for feet
neck coolers		razors
Nerf balls		shampoo/conditioner
new dvds		shave gel
new movies		Sinus medications
newspapers		sunburn cream
pillow & pillowcase		sunscreen
plastic bowls, spoons, forks, knives		tampons/pads (wrapped)
plastic containers for storing items		toothpaste/toothbrushes
playing cards		toothpicks
Playstation/X-box with games		TP
poker chips		tweezers
puzzle books		vitamins
reading light for night		water purification tablets
rugs		
sewing kit		
shoe/boot inserts		
shoe/boot laces		
sketchbooks		
slippers		
socks - boot and gym w/thick soles (black/brown/grey/white)		
stationery/paper		
stress relief balls		
towels, washclothes		
t-shirts, brown or green (military issue can be found at Army surplus stores)		
twin fitted dark sheets		
underwear		
yo-yos		
ziplocs - all sizes		

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