everyday items	foods	toiletries	
		no scented items where	
address books with names/addresses	beef jerky (no pork)	possible	
air activated wraps for sore muscles	beef sausage	antacids	
air freshener, Febreeze, 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	
dispossable 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	
haliday da aa	powdered drink mix (Gatorade, Propel,	lettere	
holiday decos	tea etc.)	lotions	
Icy Hot patches	Pringles	Medicated Blistex	
inflatable seat cushions	pudding cups	mouthwash	
ink pens	raisins	nail files	
journals	Ramen noodles	nasal spray/drops	
laundry soap	smoked oysters/sardines	pain medications	
Mag flashlight bulbs	snack cakes	panty liners	

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tress relief balls
owels, washclothes
-shirts, brown or green (military issue can be found at Army surplus stores)
win fitted dark sheets
inderwear
ro-yos
iplocs - all sizes

do not send	
aerosol cans	
alcohol	
glass containers	
items with glitter or reflective qualities	
liquid hand sanitizer	
chocolate in summer	
scented items where possible	
pork products	
pronographic materials	
Place all liquid items in Ziploc bags	

