

Suggested Snack Food & Miscellaneous Items

April 2007

All food items must be appropriately sealed / and prepackaged

WHAT CANNOT BE SENT: Pork products, Alcohol, Pornographic materials, liquid hand sanitizer, or Aerosol cans. Due to the extreme heat, chocolate is not mailed during the summer months. Visit the USPS at <http://www.usps.com> to learn more about APO/FPO mailings and view sizes of postal boxes available. Call 1-800-222-1811 to order free shipping supplies. Visit the Military Postal Service Agency to learn even more <http://hqdainet.army.mil/mpsa/mid.htm>.

Canned Items

canned fruit
chicken and/or packs; pop-top
peanut butter / Jelly
sardines
tuna and/or packs (tuna in pouches are best)

Condiments

cajun seasoning
catsup
garlic salt
honey packs
hot sauce
Lawry's
mayo,
mustard
relish
salad dressings
salsa (don't forget the taco chips)
salt/pepper, sugar packets
spices
Sweet N Low



Snacking Foods

beef Jerky / beef sticks, summer sausage
cheese spreads / small Velveeta cheese blocks
Dry Cereal
Chex Mix
chips
cookies
crackers for snacking
Doritos
dried fruit
energy bars / Cereal Bars / high protein bars /
Granola Bars
fruit pies
gum, Hard Candy wrapped (no chocolate in
summer)
Little Debbie's & other snack cakes
nuts (all kinds)
pudding cups



Toiletries

Advil, Tylenol, Cold/Cough drops, Sinus Meds
Antacids
Antibiotic Cream (Neosporin)
Anti-Bacterial Wipes
Baby Oil, Baby Powder
Baby Wipes
Bath mat
Bath/hand/wash towels (dark colors)
Blankets for cooler weather
Body Wash / soap (be sure to triple pack the
soap and not put it near the food as it leaves the
smell of soap on the food)
Chapstick
Clothes Pins/Line
Contact Lens Cleaner
Cotton Balls
Dental Floss
Deodorant
Disposable hand and feet warmers
DUSTING CLOTHS for removing the sand from
everything and every surface
Eye Drops
Eyeglass Kit
Face Soap
Foot Inserts for boots
Foot/Boot Powder
Insect Repellent Wipes/ non aerosol spray
with Deet (need in spring/summer)
Imodium
Laundry Soap / Fabric Softener
Air Freshener



Ground Coffee / Tea / Hot Chocolate

(if they have a coffee-maker),
cappuccino
coffee creamer
hot chocolate mixes
instant coffee
tea bags

Microwavable Foods

(if they have a microwave)
Mac & Cheese
popcorn
brownie mix
various mini dinners
instant oatmeal
instant soups / soups in pop-top containers

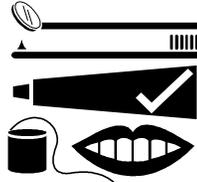


Powdered Drink Mix Singles

Crystal Light
Gatorade
juice boxes
Kool-Aid
Propel, etc.



Lotion for body and hand
 Mattress toppers
 Mirror
 Mouthwash
 Nasal Spray/Drops
 Packaged Wet Ones / baby wipes
 Pepto Bismol
 Pillow with pillowcase
 Pocket Size First-Aid Kit
 Puma Stones for feet
 Q-Tips
 Shampoo
 Sunglasses
 Sunscreen
 Toenail/Fingernail Clippers
 Toilet Paper
 Tooth Paste / Tooth Brush
 Tooth Picks
 Twin Fitted dark sheets
 Vitamins



Men: Razors, Shaving Cream in a tube, after-shave lotion (no fragrance)

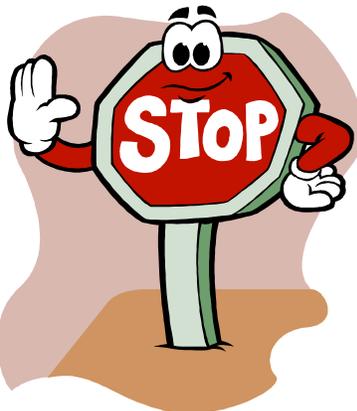
Women: Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel

Suggested Clothing

Hats, bandannas
 Socks – white for PT; black for everyday wear with uniform

Men's T-shirts and underwear (all sizes)
 BROWN or GREEN for the T-SHIRT if possible.
 Proper issued military t-shirts can also be acquired at Army Surplus stores.

Women's sport bras and panties (all sizes)



What cannot be sent: Pork products, alcohol, pornographic materials, liquid hand sanitizer, or aerosol cans (they may explode). Do not send products in glass containers (unless they are bubble-wrapped a few times). Package all food items that may leak in zip-lock bags. Put all liquid items in a zip-lock bag. Due to the extreme heat, chocolate is not mailed during the summer months.

Visit the USPS at <http://www.usps.com> to learn more about APO/FPO mailings and view sizes of postal boxes available. Call **1-800-222-1811** to order free shipping supplies. Visit the Military Postal Service Agency to learn even more <http://hqdainet.army.mil/mpsa/mid.htm>.

Suggested Fun Time Materials

Balls: soccer ball, baseballs, basketballs, volley ball sets, football
 Batteries: AA- C -D -9 volt
 Beanie Babies or stuffed animals (new please)
 Board Games
 Playing Cards
 CD Player with CDs / send batteries
 Dart Board with darts
 Disposable cameras
 DVDs (you can tape from television too)
 Electronic/Battery Hand held games (include batteries)
 Mailing Envelopes (no stamps) / Pens with Stationary
 Frisbee
 Greeting Cards they can send back home (variety)
 Mag flashlight bulbs,
 Magazines (all kinds)
 Mini Hand-held Fan or Water Misty fan
 Nerf Balls
 Packaged Poker Sets
 Plastic bowls, spoons, forks, knives
 PlayStation with games
 Puzzle Books/Word Find Books
 Sewing Kits
 Small flash light for reading at night
 Water guns
 X-Box with games
 Yo-Yo's
 Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items



RATE INCREASE AS OF MAY 14, 2007

Mailing information and Instructions

The Department of Defense does not accept mail addressed to “any service member.” Use the U.S. Postal Service when mailing packages and flat mail to the troops. You can mail all packages by Priority Mail or by Parcel Post or a new flat mail box rate described below. Parcel Post can be cheaper but it also takes longer to arrive since they do not travel by aircraft within the U.S. prior to overseas dispatch. Please follow all restriction guidelines. Do not send anything of great value or items that are breakable. All packages sent to military addresses must have a **custom form** (available at your Post Office). Priority mail and flat rate boxes and other shipping supplies can be ordered free of charge by calling **1-800-222-1811**. The priority mail boxes come in various sizes and can be seen by visiting the USPS online: <http://www.usps.com>. For priority mail shipping, you pay domestic mailing charges regardless of the deployment location. Rates for priority mail shipping are zoned and the cost differs depending on your zip code. The average cost is \$7.00 for anything up to 2 lbs., \$7-15 for anything between 2 and 5 lbs., and \$18+ for anything between 5 and 10 lbs. Visit the USPS website to see box sizes and other information



Flat rate boxes are now available from the USPS in two different sizes

Maximum weight is 70 pounds shipped for \$9.15. Priority Mail Flat rate boxes come in two sizes: “Item No: O-FRB2” is 12" X 3.5" X 14" and “Item No: O-FRB1” is 11" X 8.5" X 5.5". A supply of boxes and other mailing supplies can be delivered free of charge to your door by calling the toll free number above.

You can also order “**MILITARY MAILING KITS**” by calling 1-800-610-8734 and requesting CAREKIT04. The kits provide mailing supplies for up to 5 care package mailing boxes plus envelopes and custom forms. We highly suggest however that if you can use the flat rate box sizes for your mailings, that you do so because it saves money!

Visit the following USPS website page for answers to many common question regarding mailings to deployed U.S. Service Members. <http://www.usps.com/supportingoutroops/supportingfaqs.htm#H14>.

Depending on their location, Service Members do not pay postage on their mailings, so please do not send postage stamps. Cushion your packages with plenty of crumbled newspaper. Do not use foam peanut packing material. If you use popped popcorn to secure the contents of your package, place the popcorn in zip lock type plastic bags so that the corn does not spill out when the box is opened. Use plenty of shipping tape to secure the package. Put ALL food in zip lock plastic bags in case the containers burst in transit. Our soldiers say, “*When preparing packages, assume it will be handled by a herd of elephants!*”

Mail Restrictions: Each country has custom regulations that apply to all incoming mail. These may include prohibitions on certain kinds of food or entertainment products. Military ZIP Code restrictions may change as military units move to different locations. You will find all restrictions for overseas military ZIP Codes in U.S. Postal Service bulletins: <http://www.usps.com/cpim/ftp/bulletin/pb.htm>.

BE SURE TO READ THE RESTRICTIONS in the bulletin from the post office. Bulk quantities of religious materials contrary to the Islamic faith cannot be sent to military installations located in Muslim countries. Religious items for the personal use of the addressee are permissible. Pork or pork by-products cannot be sent to Muslim countries.