



**Give2theTroops®**  
**LIST OF ITEMS TO SEND TO THE TROOPS**  
**(No glass, aerosol cans/sprays, or lighters)**

\* Purple font = most NEEDED & REQUESTED items

**FOOD:**

**Whey Protein Bars & Powder**  
**Tuna Fish in packets (not cans)**  
**Salted Pumpkin Seeds/Sunflower Seeds**  
**Beef Jerky / Slim Jims (They love this!)**  
 Granola Bars, Breakfast Bars & Power Bars  
 Trail Mix, Dried Fruit & Raisins  
 Salted Nuts (any kind)  
 Pop-Tarts  
 Cookies (Girls Scout or any kind)  
 Coffee (ground or instant - decaf or regular)  
 Condiments and spices (no glass)  
 Pretzels (no breakable chips)  
 Snack Foods (any kind!)

**Gatorade / Kool-Aid / Crystal Light (Instant Drink Mixes)**  
**GUM & hard candy (must be wrapped!)**  
**Fruit Roll-Ups, Gushers, etc.**  
 Oatmeal (Instant, in packets)  
 Small packs of crackers or cookies  
 Ramen Noodles/Cup-o-Soup (instant soup - add water)  
 Hot Chocolate Packets  
 Peanut butter (small plastic jars or tubes)  
 Low-Carb foods  
 Cereal (small, individual boxes)  
 Microwaveable foods (Mac & Cheese, popcorn, too!)  
 Chip Dips in cans or tubes  
**NO CHOCOLATE (April-Sept. or else it melts!)**

**TOILETRIES:**

**Razors (Mach-3 brand preferred)**  
 Shaving cream (**tubes only**)  
 Feminine hygiene products  
 Breath Mints/ Listerine strips  
 Toothpaste & toothbrushes  
 Body Wash  
 Eye drops (i.e. Visine)  
 Lip balm & Chapstick  
 Baby powder  
 Sunblock, Sunscreen, Zinc  
 Vitamins – any kind

**SMALL, TRAVEL SIZE ONLY!**

Electric shavers (battery powered)  
 Combs & hair brushes  
 Nail clippers, nail files  
 Mouthwash  
 Lozenges & cough drops  
 Liquid hand sanitizer  
 Band-Aids  
 Moleskin  
 Foot powder  
 Deodorant  
 Bug Spray & DEET

**NO HOTEL SAMPLES!**

Toiletries Bags/Cases  
 Q-tips  
 Cotton balls  
 Dental Floss  
 Tissues: Individual packs  
 Shampoo & conditioner  
 Hand & body lotion  
 Baby wipes  
 Nasal spray  
 Tylenol & aspirin packets  
 Anti-itch or cortisone cream

**ENTERTAINMENT:**

**DVD movies (new or used)**  
**Music CDs (new or used)**  
**X-Box games (new or used)**  
**PS2 games (new or used)**  
**Travel size games (UNO, Othello)**  
**Portable CD players**  
 35 mm Disposable Cameras  
 Arts & Crafts kits/sketch pads

Electronic games (handheld)  
 Crosswords & other puzzle books  
 Comic Books  
 Mad Libs, Joke books  
 Batteries: "AA" and "C"  
 Playing cards  
 Pens & mechanical pencils  
 Paperback books (new or used)

Water guns  
 Nerf footballs  
 Yo Yo's  
 Frisbees, Whiffle Balls  
 Baseball & sports gear  
 Hackey sack balls  
 Envelopes & stationery  
 Day planners & pocket calendars

**OTHER:**

**White Cotton Socks**  
**Black Cotton or Wool socks**  
**Generic sunglasses**  
 Shoe & boot insole cushions  
 Bandanas  
 Under Armor Shirts  
 T-shirts for hospital use

**Pre-Paid, phone cards (AT&T Long Distance preferred)**

Room deodorizers  
 ZIP LOC, Freezer Baggies  
 Battery-operated fans  
 Laundry detergent (powdered only)  
 Dryer fabric sheets  
 Fly swatters / fly paper  
 Toys & school supplies for children  
 Twin size pillow cases  
 Twin size bed sheets  
 Duct Tape  
 Hair clippers (electric)  
 Flashlights  
 Plastic utensils  
 Paper plates

**THANK YOU!** God Bless our Military, our POW's, Our Veterans and this great nation!  
 Questions? Please visit our website at [www.Give2TheTroops.org](http://www.Give2TheTroops.org)