

Items to Ship in Care Packages for Military Personnel Stationed Overseas
Revised February 26, 2004

TOILETRIES AND PERSONAL CARE SUPPLIES:

TOILETRIES:

- Baby Wipes/cleansing wipes
- Toothpaste, toothbrushes
- Shampoo, deodorant, lotion
- Soap, Anti-bacterial soap
- Waterless soap, liquid body wash
- Hand sanitizer
- Shaving cream, disposable razors
- Electric razors, battery-operated razors
- Toilet Paper, Kleenex (Travel size packets)
- Eyeglass wipes, Eyeglass case

PERSONAL-CARE ITEMS:

- Sunblock, Aloe Vera
- Throat Lozenges, cough drops
- Gum, Lifesavers, Mints
- Eye Drops
- Blistex, Chapstick, Vaseline, Carmex
- Aspirin, Motrin, Tylenol, Pain Relievers
- Saline spray/drops for nasal passages
- Q-tips
- Feminine hygiene products for Military women
- Jock itch spray
- Boot liners/insoles, moleskin
- Lotrimin AF for athletes foot
- Foot Powder, Shower-to-Shower Powder
- Laundry soap (tablets)

OTHER PERSONAL SUPPLIES:

COMMUNICATION ITEMS:

- Envelopes, paper, pens
- Small pads of paper
- Pre-addressed labels and/or envelopes
- Notebooks (a size they can keep in a pocket and keep dry)
- Single-use Cameras
- Photos from home
- Small cassette player w/ pre-recorded tape and blank tapes

PERSONAL ITEMS:

- Cigarettes, chew
- Sunglasses, Goggle-type sunglasses

OTHER SUPPLIES:

- Batteries (AA, AAA, C)
- Duct tape: military green, tan, black, gray
- Super Glue
- Electrical tape
- Flashlight with a red lens
- 1 and 2-gallon ziplock plastic bags
- Bungee cords

For additional information, mailing restrictions, sizes of boxes, and packing tips, please visit us online

www.MarineParents.com

You'll find a wealth of helpful information for shipping care packages to our Military Personnel.

**Thank You
for Supporting our Military
Men and Women!**

This information has been brought to you by:
The Volunteers at MarineParents.com
a Place to Connect & Share

Packing Tip:

Do not ship toiletries with food items. Otherwise food items arrive tasting like deodorant and foot powder.

Shopping Tip:

Gum can stick to the foil wrapper in hot weather. Choose gums that are packed in 'blister packs' for better shipping results.

Packing Tip:

Do not ship open packages of batteries. If sending battery-operated gadgets, remove the batteries prior to shipping.

Visit www.MarineParents.com web site for packing tips, mailing restrictions and more.

Copyright 2004 MarineParents.com ~ Revised February 26, 2004

Items to Ship in Care Packages for Military Personnel Stationed Overseas

Revised February 26, 2004

READING MATERIAL:

- Newspaper clippings, Comics from Sunday's paper
- Newspapers, Newspapers from home
- Paperback Books and Magazines

CLOTHING:

- Socks, underwear, T-shirts
- Green T-shirts, White T-Shirts
- Green boot socks, Black boot socks

FUN STUFF:

- Frisbee, Nerf Football, Hacky Sack
- Decks of cards
- Hand-held games
- Music CDs
- Video Game CDs for laptop computers

FOOD AND DRINK ITEMS:

DRINK ITEMS:

- Coffee, tea, hot cocoa mix
- Pre-sweetened Drink mixes
- Tang drink mix, Gatorade powder

CANDY/COOKIES/SWEETS

- Cookies, Homemade Cookies
- Candy, Candy bars
- Gum, Lifesavers, Mints

NUTS, TRAILMIX, BARS

- Small bags of snacks or individually wrapped snacks
- Peanuts, Trail mix
- Power bars, Protein Bars, Nutritional Bars
- Breakfast bars, Pop Tarts, granola bars

CHIPS/CRACKERS

- Pringles, Torengos (nacho chips in a pringle-type can)
- Canned nacho cheese dip and salsa (not in a glass jar)
- Jalepeno velveeta cheese
- Crackers, flavored Snack Crackers
- Peanut Butter
- Gardetti's Snack Mix, Bagel Chips

JERKY/SOUPS/MEALS

- Beef jerky (certified and labeled USDA Grade A)
- beef summer sausage (certified and labeled USDA Grade A)
- Canned Ravioli/Spaghetti, canned soups
- Styrofoam Cup Ravioli/Spaghetti, Meals
- Ramen Noodles
- Tuna salad lunch kits, Tuna in a pouch, Canned Tuna
- Canned Sardines, Smoked Oysters, Smoked Clams
- Beef Slim Jims

CUSTOMS & RESTRICTIONS:

All packages shipped overseas must be accompanied by a US Customs form. Check with your local post office for required forms.

Check the web site www.MarineParents.com for mailing restrictions for the particular zip code you are mailing to.

Packing Tip:

Use plenty of zip-loc type baggies to separate the items you're mailing in the same package. If an item your sending breaks open, the zip-loc will help ensure no leaks and help protect the rest of the contents of your care package.

Pack all powders and liquids separately in your care package in zip-loc type storage bags.

Shopping Tip:

When selecting food items to send, remember that in some locations the heat is intense. Choose carefully to avoid melted or gooey arrival.

Small packages of individual wrapped snacks are portable and stay fresher longer.

PLEASE DO NOT SEND PERISHABLE ITEMS!

Shopping Tip:

Can openers can be hard to come by. Choose flip-top lids on canned products when possible.

Visit www.MarineParents.com web site for packing tips, mailing restrictions and more.

Copyright 2004 MarineParents.com ~ Revised February 26, 2004