



Brave Hearts Need You

Military List of Needs



General Care Package Ideas

- * Snacks and non-perishable food items, particularly tuna kits, beef jerky (must be labeled Grade A USDA beef), canned fruit, dried fruit, nuts and other healthy snacks
 - * fly swatters
 - * Cigarettes, Copenhagen and Skoal
 - * Single-use cameras (disposable style)
 - * Pre-sweetened flavored beverage mixes
 - * Letters of support
- (Letters from you, from children, or from your business, office, school, or other organization in support of our troops)**
- * AT&T Global Pre-Paid Military Calling Cards
- (Calling cards to work in Iraq and Afghanistan must be these specific cards)



Food Items

- * Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)
- * Fruit: individual serving size cans of fruit, dried fruit
- * Nuts, sunflower seeds, peanuts, trail mix
- * Power bars, protein bars, nutritional bars
- * Beef jerky, beef summer sausage (non-perishable; labeled USDA Beef)
- * Single-serving bags of snacks, crackers, chips, snack mixes
- * Pop Tarts, cereal bars, "milk & cereal" bars, granola bars
- * Ramen Noodles, Cup-O-Noodles serving cups
- * Ravioli and other canned ready-to-eat meals (canned or Styrofoam single serving are best)
- * Tuna lunch kits (includes foil pouch of tuna, crackers, and condiments in each single-serving kit)
- * Canned sardines, smoked oysters
- * Torengos nacho-style chips and canned nacho cheese dip
- * Jalapeño Velveeta and crackers
- * Taco Bell Sauce Packets
- * Seasoning salts, flavoring salts

Pork and pork by-products are not allowed to be shipped to most Middle East combat locations.

Please send non-perishable foods only. Single-serving package sizes are preferred; large packages won't stay fresh and are harder to ship. If you can stuff it in your pocket and it's not going to spoil or melt during the summer season, it's a good thing to send!

Beverage Items



- * Coffee, coffee mixes, tea
- * Hot cocoa mix
- * Lemonade mix, Kool-Aid mix, Tang, Iced Tea mix
- * Gatorade mix (powdered only)
- * Crystal Light (or other brand) "On the Go" flavor packets
- * Sweetener, sugar and creamer packets for coffee

Do not ship liquids. However, the Military does need flavors to add to the drinking water provided to them. Please send pre-sweetened or sugar-free flavoring mixes in small or single-serving packages. During the colder months, hot beverages are in great demand. Please do not send glass jars.

Recreation Items



- * Frisbee, Nerf Footballs, Hacky Sack, Tennis Balls
- * Deck of cards
- * Hand-held games
- * Movie DVDs (new or used; original only)
- * Music CDs (new or used; original only)
- * Paperback books, novels (new or used)
- * Magazines (new or used, but fairly current)
- * Portable DVD Players/CD Players
- * newspaper clippings
- * Sunday comics
- * astronomy chart (the sky is unbelievably clear at night)

Clothing Items



- * Cotton socks
- * Socks (boot cut, black, green, or white)
- * Underwear and T-shirts
- * Military-green cotton boot socks
(Try military surplus stores)
- * Sunglasses, goggle-style sunglasses, goggles

Color of underclothing and socks is not as important as 100% cotton. Send fingerless gloves and stocking caps during winter months only.

- * Undershirts (white, short sleeve)



Communication Items

- * Small cassette player and small cassette tapes
- * Disposable cameras
- * Envelopes, paper, pens
- * Small pads of paper
- * Notebooks (a size they can keep in a pocket and keep dry)
- * Drawing pads
- * Small, blank journals
- * Blank holiday cards (Christmas, Easter, Valentines, Birthday, and Anniversary) that they can fill out and send back home to their family and friends



Personal Supply Items

- * Cigarettes, chew, cigars
- * Tactical Duct tape: military green, tan or black
- * Electrical tape
- * Super glue
- * 72" Bootlaces (brown or tan preferred)
- * Leatherman All-in-One Tool (see photo)
- * Flashlight with a red lens
- * Quart-size, 1- and 2-gallon Ziploc plastic bags
- * Sheets - for those at a base
- * ladies sanitary products
- * Small travel pillow or inflatable pillows
- * Disposable, instant hand warmers
(During the winter months only)
- * Cushioned insoles
- * Razor blades/disposable razors
- * lip balm (the weather is quite dry)
- * eye drops
- * winter gloves
- * brushes & combs
- * razors
- * nail clippers & files
- * foot powder
- * boot liners/insoles
- * lotion
- * throat lozenges
- * Vaseline Carmex
- * Aspirin/Motrin/Tylenol pain relievers
- * Saline spray/drops for sensitive nasal passages
- * Q-tips
- * baby powder
- * Moleskin (for pads on sore feet)
- * laundry soap (small single-load packages, trial sizes or tablets that are easier to manage and store)

Problem Items:

Hand Sanitizer due to the alcohol content

Batteries

Shaving cream

No fresh fruit

Peanut butter has been removed from the “want” list because the MRE’s have tubes of peanut butter in them and they don’t particularly want more.

When packaging items, please ask your local post office if they can spare a few flat rate boxes for this cause. There are two sizes; shoe-box and shirt size. Both of these are fine to use.

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Or, call the church office @ 610/644-8250