



Suggested Donated Items for Care Packages

DRINKS

Instant Coffee Packets
Powdered Coffee Creamer
Powdered Drinks mixes
Instant Tea mixes (sweet) or Tea Bags
Gatorade Powder 18.4oz or smaller

FOOD (including dry goods, snacks)

Protein/Energy Bars
Candy, such as Tootsie Rolls (NO Chocolate)
*Jerky
Canned Fruit (pop top cans, no plastic)
Canned Meat (pop top cans, no plastic)
Granola Bars
*Instant Soups (Top Ramen, Cup of Soup)
Gum
Instant Oatmeal
Pop-Tarts
Ravioli (pop top cans)
Tuna Kits

TOILETRIES/HYGIENE

Baby wipes—Individual Packs
Nose spray
Deodorant
Feminine Hygiene products
*Foot Powder 10-12oz or smaller
Hairbrushes
Hand Lotion travel size
Hand Sanitizers—Individual size
Nail Clippers
Lip balm

NO GLASS CONTAINERS

Q—Tips 170 count or less
Razors (disposable)
Shampoo / Conditioner 12oz or smaller
Soap
*Sunscreen
Tissues—Individual Packs
Toilet Paper (including travel size)
Wash Cloths

DENTAL

Floss
Mouthwash (small containers)
Toothbrushes—Singles
Toothpaste—Single Packs

OTHER

Baggies (all sizes zip lock)
Batteries, esp AAA
Bug Spray
Duct Tape
Fly Strips
*Pre-paid Phone Cards
Shoe Insole Cushions
Socks (cushioned)
Puzzle Books
\$25 Grocery Gift Card

Special Requests

FAR EAST

Japan and Korea
Perineal (Peri) Bottles
New Born Safety Pins
Lansinoh cream
Breast (milk) Pads
Baby Onsie
Desitine Cream
Sleepy Time Tea

VA RETIREMENT HOME

Redding, CA
Sugar Free Candy
Pocket Combs
Sunglasses
Magnifying Glasses (with light)
Readers Glasses



*Highly desired