



NEEDED CARE PACKAGE ITEMS

NO GLASS CONTAINERS OR HOTEL TOILETRIES

*ITEMS WITH * ARE HIGHLY DESIRED*

DRINKS

Instant Coffee Packets
Powdered Coffee Creamer Powdered
Drinks Mixes
Instant Tea Mixes (Sweet) or Tea Bags
Gatorade Powder 18.4 oz or Smaller

FOOD (Including Dry Goods & Snacks)

Protein/Energy Bars
Candy, Such As Tootsie Rolls (No
Chocolate Bars)
*Jerky
Canned Fruit (Pop Top Cans, No Plastic)
Canned Meat (Pop Top Cans, No Plastic)
Granola Bars
Instant Soups (Top Ramen, Cup of Soup)
Instant Oatmeal
Pop-Tarts
Ravioli (Pop Top Cans)
Tuna Kits
*Small Pop Top Canned Items

TOILETRIES/HYGIENE

Baby Wipes (Individual Packets)
Nasal Spray
Deodorant
Feminine Hygiene Products
Foot Powder (Up to 10-12 oz)
Hand Lotion (Travel Size)
Hand Sanitizers
Lip Balm
Q-Tips (170 Count or Less)

Disposable Razors

Shampoo/Conditioner (Up to 12 oz)

Bar Soap (No Strong Scented)

*Sunscreen

Tissues (Individual Packets)

DENTAL

Floss

Mouthwash (Small Bottles)

Toothbrushes (Singles)

Toothpaste (Singles)

OTHER

Baggies (All Sizes, Zip Lock)

Batteries (Esp. AA)

Bug Spray

Duct Tape

Fly Strips

Pre-Paid Phone Cards

Shoe Insole Cushions

Socks (Cushioned)

Puzzle Books

SPECIAL REQUESTS FOR VA RETIREMENT HOME

Sugar-Free Candy

Pocket Combs

Sunglasses

Magnifying Glasses (With Light)

Readers Glasses

Laundry Soap