Suggested Snack Food & Miscellaneous Items
All food items must be appropriately sealed / and prepackaged

WHAT CANNOT BE SENT: Pork products, Alcohol, Pornographic materials, liquid hand sanitizer, or Aerosol cans. Due to the extreme heat, chocolate is not mailed during the summer months. Visit the USPS at http://www.usps.com to learn more about APO/FPO mailings and view sizes of postal boxes available. Call 1-800-222-1811 to order free shipping supplies. Visit the Military Postal Service Agency to learn even more http://hqdainet.army.mil/mpsa/mid.htm.

Canned Items
- canned fruit
- chicken and/or packs; pop-top
- peanut butter / Jelly
- sardines
- tuna and/or packs (tuna in pouches are best)

Condiments
- cajun seasoning
- catsup
- garlic salt
- honey packs
- hot sauce
- Lawry's mayo,
- mustard
- relish
- salad dressings
- salsa (don't forget the taco chips)
- salt/pepper, sugar packets
- spices
- Sweet N Low

Ground Coffee / Tea / Hot Chocolate
- (if they have a coffee-maker), cappuccino
- coffee creamer
- hot chocolate mixes
- instant coffee
- tea bags

Microwavable Foods
- (if they have a microwave)
- Mac & Cheese
- popcorn
- brownie mix
- various mini dinners
- instant oatmeal
- instant soups / soups in pop-top containers

Powdered Drink Mix Singles
- Crystal Light
- Gatorade
- juice boxes
- Kool-Aid
- Propel, etc.

Snacking Foods
- beef Jerky / beef sticks, summer sausage
- cheese spreads / small Velveeta cheese blocks
- Dry Cereal
- Chex Mix
- chips
- cookies
- crackers for snacking
- Doritos
- dried fruit
- energy bars / Cereal Bars / high protein bars / Granola Bars
- fruit pies
- gum, Hard Candy wrapped (no chocolate in summer)
- Little Debbies & other snack cakes
- nuts (all kinds)
- pudding cups

Toiletries
- Advil, Tylenol, Cold/Cough drops, Sinus Meds
- Antacids
- Antibiotic Cream (Neosporin)
- Anti-Bacterial Wipes
- Baby Oil, Baby Powder
- Baby Wipes
- Bath mat
- Bath/hand/wash towels (dark colors)
- Blankets for cooler weather
- Body Wash / soap (be sure to triple pack the soap and not put it near the food as it leaves the smell of soap on the food)
- Chapstick
- Clothes Pins/Line
- Contact Lens Cleaner
- Cotton Balls
- Dental Floss
- Deodorant
- Disposable hand and feet warmers
- DUSTING CLOTHS for removing the sand from everything and every surface
- Eye Drops
- Eyeglass Kit
- Face Soap
- Foot Inserts for boots
- Foot/Boot Powder
- Insect Repellent Wipes/ non aerosol spray with Deet (need in spring/summer)
- Imodium
- Laundry Soap / Fabric Softener
- Air Freshener
Lotion for body and hand  
Mattress toppers  
Mirror  
Mouthwash  
Nasal Spray/Drops  
Packaged Wet Ones / baby wipes  
Pepto Bismol  
Pillow with pillowcase  
Pocket Size First-Aid Kit  
Puma Stones for feet  
Q-Tips  
Shampoo  
Sunglasses  
Sunscreen  
Toenail/Fingernail Clippers  
Toilet Paper  
Tooth Paste / Tooth Brush  
Tooth Picks  
Twin Fitted dark sheets  
Vitamins  
**Men:** Razors, Shaving Cream in a tube, after-shave lotion (no fragrance)  
**Women:** Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel  

**Suggested Fun Time Materials**  
Balls: soccer ball, baseballs, basketballs, volley ball sets, football  
Batteries: AA- C -D -9 volt  
Beanie Babies or stuffed animals (new please)  
Board Games  
Playing Cards  
CD Player with CDs / send batteries  
Dart Board with darts  
Disposable cameras  
DVDs (you can tape from television too)  
Electronic/Battery Hand held games (include batteries)  
Mailing Envelopes (no stamps) / Pens with Stationary  
Frisbee  
Greeting Cards they can send back home (variety)  
Mag flashlight bulbs, Magazines (all kinds)  
Mini Hand-held Fan or Water Misty fan  
Nerf Balls  
Packaged Poker Sets  
Plastic bowls, spoons, forks, knives  
PlayStation with games  
Puzzle Books/Word Find Books  
Sewing Kits  
Small flash light for reading at night  
Water guns  
X-Box with games  
Yo-Yo’s  
Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items

**What cannot be sent:** Pork products, alcohol, pornographic materials, liquid hand sanitizer, or aerosol cans (they may explode). Do not send products in glass containers (unless they are bubble-wrapped a few times). Package all food items that may leak in zip-lock bags. Put all liquid items in a zip-lock bag. Due to the extreme heat, chocolate is not mailed during the summer months.  

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Mailing information and Instructions

The Department of Defense does not accept mail addressed to “any service member.” Use the U.S. Postal Service when mailing packages and flat mail to the troops. You can mail all packages by Priority Mail or by Parcel Post or a new flat mail box rate described below. Parcel Post can be cheaper but it also takes longer to arrive since they do not travel by aircraft within the U.S. prior to overseas dispatch. Please follow all restriction guidelines. Do not send anything of great value or items that are breakable. All packages sent to military addresses must have a custom form (available at your Post Office). Priority mail and flat rate boxes and other shipping supplies can be ordered free of charge by calling 1-800-222-1811. The priority mail boxes come in various sizes and can be seen by visiting the USPS online: http://www.usps.com. For priority mail shipping, you pay domestic mailing charges regardless of the deployment location. Rates for priority mail shipping are zoned and the cost differs depending on your zip code. The average cost is $7.00 for anything up to 2 lbs., $7-15 for anything between 2 and 5 lbs., and $18+ for anything between 5 and 10 lbs. Visit the USPS website to see box sizes and other information.

Flat rate boxes are now available from the USPS in two different sizes

Maximum weight is 70 pounds shipped for $9.15. Priority Mail Flat rate boxes come in two sizes: “Item No: O-FRB2” is 12” X 3.5” X 14” and ‘Item No: O-FRB1’ is 11” X 8.5” X 5.5”. A supply of boxes and other mailing supplies can be delivered free of charge to your door by calling the toll free number above.

You can also order “MILITARY MAILING KITS” by calling 1-800-610-8734 and requesting CAREKIT04. The kits provide mailing supplies for up to 5 care package mailing boxes plus envelopes and custom forms. We highly suggest however that if you can use the flat rate box sizes for your mailings, that you do so because it saves money!

Visit the following USPS website page for answers to many common question regarding mailings to deployed U.S. Service Members. http://www.usps.com/supportingourtroops/supportingfaqs.htm#H14.

Depending on their location, Service Members do not pay postage on their mailings, so please do not send postage stamps. Cushion your packages with plenty of crumbled newspaper. Do not use foam peanut packing material. If you use popped popcorn to secure the contents of your package, place the popcorn in zip lock type plastic bags so that the corn does not spill out when the box is opened. Use plenty of shipping tape to secure the package. Put ALL food in zip lock plastic bags in case the containers burst in transit. Our soldiers say, “When preparing packages, assume it will be handled by a herd of elephants!”

Mail Restrictions: Each country has custom regulations that apply to all incoming mail. These may include prohibitions on certain kinds of food or entertainment products. Military ZIP Code restrictions may change as military units move to different locations. You will find all restrictions for overseas military ZIP Codes in U.S. Postal Service bulletins: http://www.usps.com/cpim/ftp/bulletin/pb.htm.

BE SURE TO READ THE RESTRICTIONS in the bulletin from the post office. Bulk quantities of religious materials contrary to the Islamic faith cannot be sent to military installations located in Muslim countries. Religious items for the personal use of the addressee are permissible. Pork or pork by-products cannot be sent to Muslim countries.

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