



## **Adopt-a-Soldier Care Packages**

### Suggested Items:

- Snack items (e.g. crackers, cookies – non-chocolate, peanuts, slim jims, fig newtons, cereal bars, trail mix, dried fruit, tuna packets, etc.) Individually wrapped items are preferred because they can be easily included in packs when away from camp.
- Mouthwash
- Shampoo
- Hand sanitizer, waterless soap/cleaner, q-tips, Gold Bond powder
- Personal wipes (baby wipes)
- Lip balm
- Tooth brushes
- Cotton (inexpensive) crew socks, underwear (medium)
- Playing cards, card games, puzzles
- Magazines (see restrictions below)
- Drink mixes (powder types that can be added to water bottles)
- Balls (e.g. soccer balls – deflated for shipping) that can be given to local children
- A personalized note or card would be a nice touch. If you have kids – have them make a card with a note or message inside.

### Restricted Items (per USPS):

- Any matter depicting nude or seminude persons, pornographic or sexual items, or non-authorized political materials. It's best NOT to send ANY type of magazines (it slows down the process because Customs officials will open the package and review the magazines for appropriateness).
- Religious materials contrary to the Islamic faith. Items for the personal use of the addressee are permissible. (Like magazines, inclusion of these items are always checked by US Customs officials – slowing down the shipping of the package).
- Obscene articles (prints, paintings, cards, films, videotapes, etc).
- Chocolate items (tend to melt) – some items (e.g. oreo cookies) are okay. Candy bars – definitely not