

## List of Items for Hometown Cares Project

### Food and Snack Items

- Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)
- Fruit: individual serving size cans of fruit, dried fruit  
(Note: Plastic fruit cups with the plastic seal are not recommended as they can open in transit; individual-size cans are preferred.)
- 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
- Jalepeno Velveeta® and crackers
- Taco Bell® Sauce Packets
- Seasoning salts, flavoring salts

### Clothing Items

- Cotton socks
- Underwear and T-shirts

Military-green cotton boot socks  
(try military surplus stores)

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

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, Koolade mix, Tang, Iced Tea mix
- Gatorade mix (powdered only)
- Crystal Light (or other brand) "On The Go" flavor packets  
(these come in a box of several sleeves of flavoring that can be added to a 16-20 oz. water bottle; see photo to the right)
- Sugar and creamer packets for coffee

We cannot ship liquids. However, the Troops do 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.

### Recreational Items

- Hacky Sacks, Tennis Balls
- Deck of cards
- Hand-held games
- Gameboy Advance games
- Movie DVDs (new or used; original only)
- Music CDs (new or used; original only)
- Portable DVD Players

### Communication Items

- Disposable cameras
- Envelopes, paper, pens
- Small pads of paper
- Notebooks (a size they can keep in a pocket and keep dry)
- Drawing pads (small)

Small, blank journals

If you are a school or other organization collecting items where children under the age of 18 are involved, please do not encourage donations of tobacco items.

### Body Wipes & Hand Sanitizers

- Baby wipes for personal hygiene (alcohol-free)
- Liquid body wash (no pump-style dispensers)
- Liquid hand sanitizers (no pump-style dispensers)
- Disposable hand sanitizing wipes

When the Marines are out in the field, facilities for showering and taking care of personal hygiene are infrequent and in many locations non-existent. Portable-sized packages of non-alcohol based baby wipes are in high demand for these Marines.

Footcare is critical and the demand for quality products is very high. Be sure that all items are in the original, sealed packages.

### Personal Care Items

- Sunblock
- Throat Lozenges
- Gum, Lifesavers, Mints
- Eye Drops (to relieve dry eye, not redness)
- Blistex, Chapstick, Carmex (in stick-tubes rather than tubs)

Lip balm is in high demand in desert areas. The lipstick-style tubes that you apply directly to your lips are preferred over the "tub" style. Eyedrops are to relieve dry eyes; please avoid sending eyedrops designed to remove redness as those will increase dryness and irritation caused by sand and storms in a desert climate.

### Foot Care Items

- Cotton socks, black, green, or white
- Boot liners/insoles
- Odor eaters for boots
- Lotrimin AF or Tinactin for athlete's foot (tubes of ointment or cream, or the bottle of drops; please do not send the aerosol spray type)
- Medicated Foot Powder, Medicated Foot Swabs

Moleskin  
(for pads on sore feet, you'll find it with Dr. Scholl's type things at WalMart or drug stores)

Please purchase small or travel-size items for personal care. We try to send a new toothbrush in every package, so the demand is very high for toothbrushes. Toothpaste tubes get messy; the plastic "bottles" of toothpaste stand up better to the conditions of combat zones. The new "Brush Ups" are very popular and useful for the Marines. (see toothpaste photos to the left)

ShaveMan™ Battery Powered Shaver