Daily I receive emails and requests regarding ideas for care package content to send to soldiers. Many just simply don’t know what to send. The best advice I can offer is to ask the soldier what his/her needs are and follow their guidelines as to what to send. However, some are sending packages without a specific need in mind, and simply want to donate items to our warriors. Below you will find some commonly requested items for care packages during Operation Iraqi Freedom. Most items are general and will apply to any area of deployment. For specific area needs please consult Unit Command.

**Toiletries**
- Aromatherapy Oils
- Hand Lotion
- Deodorant
- Body Powder
- Foot Powder
- Toothbrush
- Toothpaste
- Lip Balm
- Baby Wipes
- Face Moisturizer
- Loofah
- Makeup
- Blush
- Powder
- Mascara
- Body Wash
- Soap
- Manicure Kit
- Eyeglass Cleaner
- Toilet Paper
- Mouthwash
- Shampoo
- Conditioner
- Hair Color
- Tampons
- Pads
- Foot Spa
- Insoles
- Razors
- Handwarmers
- Eye Drops
- Q-tips
- Sunblock

**Food**
- Salsa
- Chips
- Tuna
- Slim Jims
- Beef Jerky
- Pretzels
Applesauce
Pudding
PopTarts
Dinty Moore Soups
Lunchables (non-refrigerated)
Jelly Beans
Altoids
Rice Krispie Treats
Snack Mixes
Sunflower Seeds
Chewing Gun
Nuts
Snack Cakes
Coffee
Gatorade
Kool-Aid
Crystal Light
Jaw Breakers
Cookies
Canned Foods
Peanut Butter
Spices, Salt, Pepper
Squeeze Butter
Pringles
Licorice
Popcorn
Ramen Noodles
Macaroni & Cheese
Cereal Bars
Granola Bars
Microwave Pasta
Hot Cocoa mix
Soup Mix
M&Ms

Entertainment
CDs
DVDs
Disposable Camera
Phone Card
Poker Game
Playing Cards
Dice
Newspapers
Magazines (esp. Gossip, Entertainment)
Handheld Electronic Games
Board Games
Books
Taped Television Shows
Game Cartridges
Books on Tape
Foam Footballs
Silly String
Frisbee
Hacky Sack
Dominoes
MP3 Player
Web Cam
Headphones
Silly Putty
Squirt Guns
Crossword Puzzles
Word Searches
Stationery (no stamps, soldiers’ mail free)
Blank Cards
Journal

Miscellaneous
School Supplies
Stuffed Animals
Ink Pens
Vitamins
Inflatable Chairs or Pillows
Shoe Laces
Canned Air (for blowing dust out of electronics)
Cleaning Supplies (wipes are best)
Air Fresheners
Candles
Small Flashlight
Posters
Flag
Holiday Decorations
Stick-Ups
Febreeze
Stress Ball
Sewing Kit
AA Batteries
D Batteries
Baby Food Jars With Dirt From Yard
Decorated Pillow Case
Balloons
Can Opener
Dryer Sheets
Dixie Cups
Fan
Koozies
Microwaveable Plates or Bowls
Paper Plates
Napkins

Linens & Things
Handmade or Small Blanket
Sheets
Fluffy Towel
Socks
Underwear
Tshirts

Disclaimer: This is not an all –inclusive list and some items may not be permitted by Command. Please use common sense when packaging and mailing items