



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Support Our Troops Care Package Information

### Food Items

Instant Coffee – plain & flavored  
Powdered sweetener  
Powdered creamer – regular/flavored  
Powdered Gatorade  
Powdered hot chocolate  
(with or w/o Mini Marshmallows)  
Powdered hot cider  
Crystal Light – Powdered  
Tea bags – regular & flavored  
5 Hour Energy Drinks  
Slim Jims/ Beef jerky/Beef Sticks  
Crackers & Cheese-(Packets)  
Pringles  
Candy (M&M's are great, hard candy,  
anything that won't melt)  
Licorice, Gum/Bubble Gum/Lollipops  
Rice Krispie Treats  
Microwave popcorn  
Granola Bars/Power Bars  
Dried Fruit  
Chex Mix  
Instant soup/ Dinty Moore  
Ramen Noodle Soup  
Tuna or chicken – canned or packages  
Ravioli, Spaghettios, Mac & Cheese  
Spices /Garlic powder  
Tabasco Sauce/A1 Sauce/BBQ Sauce  
Summer Sausage  
Instant Oatmeal (single serving packs)  
Fruit Roll Ups/Fun Fruits

### Practical Personal Items

Baby Wipes – unscented preferred  
\*No anti-bacterial items  
Disposable Razors  
Scrunches/Barrettes  
Female Sanitary Products  
Non aerosol shaving cream  
Soap or body wash  
Shampoo/conditioner–hotel size great

### Deodorant

White Calf Socks, T-shirts  
Wool Socks – Winter Afghanistan  
Eye drops, especially for the desert  
Contact Lens Cleaner  
Chap stick/Lip Balm  
Breath mints  
Tooth brushes/Dental Floss  
Sun Block/Sun Glasses  
Lotion-Hand & Body  
Post Shaving Lotion  
Baby Powder  
Foot Powder  
Foot Warmers  
Hand Warmers  
Combs & Brushes  
Cotton balls, Nail Files  
Batteries – AA & AAA  
Phone Cards-International  
Paperback books/Magazines-sports/hunting/  
fishing/romance/fashion/craft/hobby-new/  
read  
Small metal mirrors  
Disposable cameras, film  
Sudoku puzzles/Cross Word Puzzles  
Journals, Pens & Crayons

### Toys:

Squirt Guns/Frisbees/Dart Boards  
Small flash lights  
Hackie sacks, Yoyos/Jump Ropes/Fidget  
Spinners  
Small travel games  
Ziploc Bags: Snack, sandwich, quart & gallon

### Christmas items:

Christmas candy  
Santa hats/Reindeer Antlers  
Christmas Decorations  
Christmas Cards/Signed from you  
to a soldier



**CHIPPEWA FALLS YMCA  
YMCA of the CHIPPEWA VALLEY**

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