



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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