

## COMBAT TROOP REQUESTED ITEMS:



### Food Items:

Coffee (one pound bags ground or bean; Starbucks VIA; Keurig individuals, etc.)

EmergenC Drink Mix (found in Health Food section), powdered drink mix (Propel, etc.) Please **avoid** products w/ **Aspartame**, a known health hazard in hot climates)

Meat Pouches (tuna, salmon, chicken, turkey)

Beef Jerky / Slim Jims

Granola Bars / Clif bars / Power bars

Peanut Butter (18oz. size preferred)

Pocket Size Snacks (nuts, fruit strips, trail mix, crackers, etc.)

Hot Chocolate (Individual Packets preferred)

Honey (small, plastic containers)

Gum

Dried Fruit (bananas, cranberries, raisins, etc.)

Oatmeal (Instant or Regular)

Protein powder shake mix (vanilla & chocolate)

Microwave Popcorn

"Nature's Path" toaster pastries (in Health Food section)

"Klein Brothers" Snack Food - Available at most Kroger Stores

## COMBAT TROOP REQUESTED ITEMS:



### Non-Food Items

Batteries (especially AA & AAA)

Office Supplies (bic pens, pencils, post-its, note pads, etc.)

Baby Wipes (preferred size of 80 or less / pkg.)

Personal Care Items (toothpaste, deodorant, shampoo, body wash, shave cream, etc.)

OTC Meds. (sleep aids, anti-diarrhea, sinus, Motrin, etc.)

Hair / Body Wash (24 oz. or smaller - scented & non-scented)

Deodorant (stick - NO aerosol please)

Q-Tips

Foot Powder & cream (good buy at Dollar Stores)

Room Fresheners (no candles please - fire hazard)

Hand Warmers

Zip Loc Bags (Qt. & Gallon size)

Cross Word / Sudoku puzzle books

Hand Sanitizer

## **FEMALE TROOP REQUESTED ITEMS:**



There are several female troops currently deployed in not only Afghanistan, but Kuwait, Iraq, Floating Missions, and Africa. The following is a summary of items they've been requesting.

- Women's Fitness Magazines
- Q-Tips
- Razors
- Tampons / Female Hygiene
- Bobby Pins
- Simple, dark colored hair ties
- Hair brush
- Moisture Shampoo - scented
- Moisture Conditioner - scented
- Body Lotion - scented
- Women's clinical strength deodorant
- Cleaning wipes other than baby wipes (Clorox, etc.)
- Throat numbing stuff like Sucrets, Cepacol, etc.
- Motion sickness tablets
- Girly colored shower shoes, like flip flops. (Dollar store or drug store).
- Air Freshener (citrus preferred, NO CANDLES PLEASE – fire hazard)
- Travel size sun block
- Nail polish (sm. sample size) & remover (individual packets.)

***Lists created by Dennis Bernhart, Coordinator of Care Packages for Operation Military Embrace. For further information on this list, please contact Dennis at:  
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