

## **Care Carton Items for Units in Afghanistan (4-25-10):**

(No Chocolate in the summer please, No Aerosols; use heavy duty Zip-loc bags for personal care strong smelling products or items that can leak, break or otherwise contaminate the rest of the carton). We recommend best branded products so our warriors feel special! No cheapies please! One great thing is better than 20 junky ones! **Please treat our warriors like your own children or grandchildren!**

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### **Suggestions from a Marine:**

Single-serving size snacks and non-perishable food items, particularly tuna kits, beef jerky, canned fruit (small containers; pop-top lid), dried fruit, nuts and other snacks

Pre-sweetened flavored beverage mixes (smaller sizes preferred)

Undershirts (olive green, short sleeve)

Socks (boot cut, uniform green, cushion soled medium to large)

AA Batteries

Letters of support (letters from you, from children, or from your business, office, school, or other organization in support of the troops)

Global Pre-Paid Military Calling Cards (calling cards must work in Afghanistan)

Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)

Fruit: single 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, 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

Skippy Peanut Butter

Cheese and crackers

Taco Sauce Packets

Seasoning salts, flavoring salts

Cheese dips in plastic or canned (NO glass containers)

Ground coffee, coffee drink powder

Hot cocoa mix

Drink mixes (Lemonade, Iced Tea and others)

Gatorade® mix (powdered only, Blue is hard to get in AFG)

Lipton Tea 2 Go, Crystal Light (or other brands) "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, sugar substitutes, and creamer packets for coffee

Hacky Sacks, Tennis Balls

Deck of cards

Hand-held games

Movie DVDs (new or used; original only)

Music CDs (new or used; original only)

Portable DVD Players

Portable CD Players

Batteries (AA are most requested, then AAA)

Cigarettes, chew, cigars

Tactical Duct tape: military green, tan or black

Electrical tape

Super glue

72" Bootlaces (brown or tan preferred)

All-in-One Tools (i.e. Leatherman)

Quart-size and 1-gallon ziploc plastic bags

Disposable, instant hand warmers (during winter months only)

Boot liners/insoles

Odor eaters for boots

Lotrimin AF or Tinactin for athletes foot (tubes of ointment or cream, or the bottle of drops - do not send aerosol spray type)

Medicated Foot Powder, Medicated Foot Swabs

Moleskin (for pads on sore feet)

Sunblock / Sunscreen (small tubes)

Throat Lozenges

Gum, Lifesavers, Mints

Eye Drops (to relieve dry eye)

Blistex, Chapstick, Carmex (in stick-tubes rather than tubs)

Saline spray/drops for sensitive nasal passages

Q-tips

Eyeglass wipes

Baby wipes for personal hygiene (alcohol-free)

Liquid hand sanitizers-hand sized (no pump-style dispensers)

Disposable hand sanitizing wipes

Toothpaste (in hard-sized tubes rather than traditional tubes)

Toothbrushes

Nail clippers

Shampoo

Deodorant

Liquid bodywash soap, liquid anti-bacterial soap (liquid is easier to use than bar soap) (no pump-style dispensers)

Lotion (no pump-style dispensers)

Razors and replacement blades (Track II and others) (no single blade razors)

Kleenex (travel-size packets)

Shower shoes (sizes 9-12)

Towels (Quick drying preferred) and wash clothes